



# The Omega Point Program

## GUIDEBOOK

### PHASE THREE

Mystic Warrior Part 1  
Inner Resources  
Archetypes & Totem Pole

presented by



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July 8, 2024



## PHASE THREE (P3)

### Inner Resources: Archetypes and Totem Pole Animals

Phase Three of the OPP builds on the foundation set by Phases One and Two.

Specifically, the initial phases of the OPP set up the foundation for working with Parts and setting up a base in your Inner World. Phase Three will build on that Inner World base and bring in additional powerful resources, such as the 12 Archetypes, to enable greater exploration of this realm. Phase 3 also includes working with your Totem Pole Animals and a number of longer visualizations exploring your Inner World.

There are a number of options available for the two partners to continue on to Phase 3.

Ideally, Phase 3 can be treated as a simple extension of this Phase Two program and Mentor and Mentee can continue in their current roles.

If Mentor has not done Phase 3, these two people could create a reciprocal version of Phase 3. While there are no Phase Three - Reciprocal protocols, there are different ways to experience P3 (and all other phases) in a reciprocal way. These include:

One partner can be Mentor for 23 days and then switch roles and repeat the 23 days.

One partner can mentor the other for a session and then switch roles and repeat the session on the same day or on the next day.

If the partners want to continue separately:

Each partner could find a qualified Mentor and be a Phase 3 Mentee for 22 days.

OPP Phase 3 is available on the Omega Point Academy (OPA) website:

[www.OmegaPointAcademy.com](http://www.OmegaPointAcademy.com).

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# DAILY READING

## DAY 1

### Standard Guidelines: Releasing Energies from Sacred Space

For Phase 3, we will use the same Standard Guidelines as used in Phase 2.

When working in Sacred Space, we may run into entities that are not a part of us. An energy or image that is not a part, it is often an intrusive energy that can be released.

These energies can be identified in two ways while doing this program:

1. They will not have a Positive Intent.

When following the Positive Intent Process and the “voice” or “part” continues to be negative after many rounds, it is probably an intrusive energy. To verify this, you may simply ask it: Are you a part of [mentee] ? You may then respond to their answer as explained below.

2. When asked in Sacred Space if they are a part, in almost all cases, these energies will tell you the truth.

When in Sacred Space with a current part or when greeting a new part, you may ask them directly: Are you a part of [mentee] ?

Often times it is best to ask a few preliminary questions before asking this direct questions. These questions include: What role do you play in my life? How would I recognize when you are active? What do you want?

Once you do ask if they are a part of you or Mentee, respond to their answer as follows:

Are you a part of me (or Mentee) ?

If Yes: Continue with the Positive Intent Process or whatever you are doing with them in Sacred Space.

If No: Ask the forces of light to surround this energy in a capsule of white light and take it to a better place.

If Maybe or anything but a clear yes or no:

You have three options which all work and you can choose any one of the following three options:

Options for Dealing with Intrusive Energies, use any one of the following:

1. Ask the forces of light to surround the image, in a capsule of white light and take what is not a part of you, to the light, leaving anything that is a part of you behind. (Check on what's left behind)
2. Ask the forces of light to surround the image, in a capsule of white light and ask whatever is a part of you to step out of the capsule. Ask the light to take away what is left inside the capsule. Encourage the part of you to focus on letting it go.
3. Ask the image to split into two images
  - One that is a part of you, and one that is not.
  - Ask the forces of light to surround the image, that is not a part of you, in a capsule of white light and take it to a better place.
  - Encourage the image that's a part of you to focus on letting it go.

Often a child part has invited these energies in for protection. Having the child let it go is sometimes an important aspect of Release. If the light doesn't take it away, ask it again if it is a part of Mentee. If not, ask for someone from where it came from to come and get it and take it home.

These approaches are sufficiently effective for working this program. Additional information on these energies and more advanced techniques of working with them are covered in Phase Four.

# MENTORS SESSION GUIDE

## DAY 1

### INTENTION


- To welcome Mentee to Phase 3.
- To share updates from Mentee and their Inner Circle.
- To do an Induction & Visit Sacred Space.

### CHECK-IN

Please check-in using PEMS and use Parts Language, if that fits. Be sure to include any changes you want to make or have made to your Identity Statement.

*[mentee and mentor check in]*

Have you taken on a Mentee?  Is there any support that you need? 

Have you been able to visit your parts in your Sacred Space and do any Check-ins with your Inner Circle on your own? 

Anything you want to share about what's happened there? 


### INTRODUCTION

For today, I first want to congratulate you on completing Phases 1 and 2 of the OPP and I hope it was a great experience for you.

I also want to welcome you and all your parts to Phase 3 of the Omega Point Program. Most of the sessions in Phase 3 will involve working in your Inner World.

We will start Phase 3 with some extended visualizations and then will be adding additional Inner World resources which we refer to as Archetypes and Totem Animals.

Today we want to do an Inner Circle Check-in and see how your parts and your Inner World are doing. We also will invite in your Mystic Warrior as an additional ally to help you navigate your Inner World.

Do you have anything you'd like to share first or are you ready to go? 

## INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.


Notice any changes to the table / circle or your parts at the circle.

Is there any change to the symbol for your mission that you had placed in the center of the circle.

## INNER CIRCLE CHECK-IN

Now, I'd like you to facilitate a Check-in with everyone at your circle.


Allow whomever wants to go first to start.

For today, ask them to give their name, how they're feeling and anything they'd like to share their perspective on starting another phase of this program and what they hope for you and for themselves. 

## MYSTIC WARRIOR

When all the parts are complete, ask your Higher Self if it would be OK to invite in your Mystic Warrior.

The Mystic Warrior is the part of you that can travel and work competently in your Inner World and possibly the Underworld.


If OK, ask your Higher Self if they would like to do the honors, or is there a part present that might want to invite in this part? 


If and when another part arrives, what do you see? 


Welcome the part. Ask if there is anything they want to share with you? 

Ask what role they play in your life and if they are a part of you. 

Have them take their place in the Circle and note the reaction of the other parts. 

Ask the part that invited them in to share something about this part. 

Ask your Higher Self if they would like to address the new part. 

Now please take some time here to allow for whatever wants to come up for you and let me know when you feel complete and you may also share if you want to. 


## CLOSURE & RETURN

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How do you feel?  How was that for you? 

Anything that stood out for you? 

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## CHECK OUT

## SCHEDULE THE NEXT SESSION

## HOMEWORK



# MENTORS SESSION GUIDE

## DAY 2

### INTENTION

- To take Mentee through a Death Experience Visualization.


### CHECK-IN


Today we will be doing a fairly long visualization so we'd like to keep our Check-ins brief. I will start.

*[mentee and mentor check in]*

### INTRODUCTION OF DEATH VISUALIZATION

Today's visualization may take longer than usual.


Is it OK if we run over about 10 minutes? 

Is it OK if I quietly sign-off at the end of the visualization and let you spend some time to reflect on your experience? 

Today's visualization is an opportunity for you to reflect on your current life. It involves taking you gently through a death experience.

If you want me to slow down while you are experiencing the visualization, simply say slower.

If you want me to pause, simply say pause and I will wait until you say OK before I continue again.

Do you have any questions before we start? 

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

Note any sensations in your body, any images, messages or insights that may come up. Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

Note how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper down into the most relaxed feeling you've had in a long time.

## **AFTERLIFE**

Now as you go deeper and deeper into relaxation, you may notice that it seems like you are starting to float upward from your body, slowly moving upward, feeling lighter and lighter as you go.

As you slowly move upward away from the earth, you start to remember you were recently driving somewhere and something happened.

There was an accident on the way home. You actually didn't make it home. Your car went off the road and there was a collision.


You realize that the life you've known is over and behind you... That you've passed on... and Now, you are in your transition to whatever comes next...

You hear a voice: Are you ready to enter this transition? 

As you continue to rise, you may notice it being dark all around you and you hear another voice saying "Go through the darkness to the light".

You now sense another presence.

A thought of the GRIM REAPER comes up in your mind; You look around and you notice a strong and somber presence.

What do you see? 

As the Grim Reaper begins to ask you questions, you may find yourself answering out loud with the first thought that arrives in your mind.

A deep powerful voice says to you:

## **GRIM REAPER**

IT IS TIME FOR YOUR TRANSITION TO THE OTHER SIDE.

DO YOU KNOW THE FIRST STEP IN THIS TRANSITION? 

TO ACKNOWLEDGE THAT YOU HAVE PASSED OVER.

DO YOU CHOOSE TO FIGHT, FLEE OR EMBRACE THIS TRANSITION? 

HAVE YOU PREPARED YOURSELF FOR THIS TRANSITION? 

- HOW HAVE YOU PREPARED YOURSELF? 

DO YOU KNOW THE NEXT STEP IN THIS TRANSITION? 

GO THROUGH THE DARKNESS, TO THE LIGHT.

DO THAT NOW, ENJOY YOUR NEW ADVENTURE.

You feel alone again in the darkness and you remember the words:

"Go through the darkness to the light"

You look up and into the darkness and you may see a very distant light.

You head towards the light, you feel yourself pulled towards it and as you approach, it appears to be a tunnel, a tunnel of light.

As you enter the tunnel, you hear another voice:

## **GREETER**

TAKE MY HAND , and you feel a gentle hand guiding you forward,

WELCOME TO YOUR NEW HOME.

TAKE A FEW MOMENTS AND JUST BREATHE WITH ME .

YOU ARE SAFE HERE.

IT'S REALLY NOT ALL THAT DIFFERENT FROM WHAT YOU KNOW.

DO YOU KNOW WHERE YOU ARE? 

- YOU ARE EXACTLY WHERE YOU NEED TO BE RIGHT NOW.

- TRUST THE PROCESS.

NOW IT'S TIME TO MOVE ALONG - YOU HAVE MUCH TO DO.

Notice how the voice fades away as an image of a red robed being appears in the distance.

As you take in the image of a large presence in a red hooded robe, you quickly find yourself standing in front of this powerful being.

It starts to speak to you.

## **RESPONSIBILITY**

WHO WAS RESPONSIBLE FOR HOW YOUR LIFE TURNED OUT? 

DID YOU CREATE THE REALITY THAT YOU WANTED? 

WHAT LESSONS DID YOU LEARN IN THIS PAST LIFE? 

WHAT LESSON DO YOU STILL NEED TO LEARN BEFORE YOUR NEXT LIFE? 

WHO'S RESPONSIBLE FOR YOUR EXPERIENCE OF THIS TRANSITION PERIOD? 

Notice how the image of the red one fades away as an image of another tall being appears in the distance, in a black robe this time.

As you take in this image of this large Being in a black robe, you quickly find yourself standing in front of this inquisitive presence, it begins to speak:

## **IDENTITY**


WHAT DID YOU LEARN IN YOUR LIFE THAT WILL SERVE YOU IN THIS TRANSITION PERIOD? 

WITHOUT ALL YOUR MATERIAL AND PHYSICAL BAGGAGE, WHO ARE YOU NOW? 

WHAT ARE YOU? 

WHAT DO YOU WANT MOST? 

DID ANYONE EVER GIVE YOU THAT? 

IF YES - HOW DID THEY GIVE IT TO YOU?      WHAT DID THAT LOOK LIKE? 

IF NO - WHAT IF YOU DID GET WHAT YOU WANTED? WHAT  
WOULD THAT LOOK LIKE? 

You may notice this same pattern repeating now, the voice and image of one being fades away as another appears in the distance.

This time, as soon as you focus on the new image, you find yourself face to face with a white robed presence. You start to hear a strong steady voice asking you:

## **PURPOSE**

DID YOU MAKE A DIFFERENCE IN YOUR LIFE? 

WHAT WAS YOUR LEGACY? 

WHAT CONTRIBUTION DID YOU MAKE? 

DID YOU DISCOVER YOUR PURPOSE FOR THIS LIFETIME? 

DID YOU ACCOMPLISH IT? 

WHAT WAS LEFT UNDONE? 

That encounter fades away and now a yellow robed presence is in front of you, this being feels more caring and gentle.

You hear a quiet voice asking you:

## **LOVER**

WHO DID YOU LOVE? 

HOW DID YOU SHOW IT? 

DID THEY KNOW? 

WHO WERE YOU LOVED BY? 

HOW DO YOU KNOW? 

WHO DID YOU TRUST THE MOST and WHY? 

WHO DID YOU TRUST THE LEAST and WHY? 

You may start to wonder if this is the Life Review you've heard about where your life is supposed to flash before your eyes when you die. You may be thinking that this is not what I imagined it would be like.

As you reflect on this experience you may even smile as you see the next presence ahead of you.

This new image is one you seem to know well, it's a motherly image, the picture of what you may consider the one nurturing and kindly image you'd like to sit and be with right now.

She quietly motions you over to a seat next to her and you can smell the chocolate chip cookies as she says , "No weight issues for you anymore, sweetheart. Enjoy!"

She softly asks: coffee or milk? As you begin to dunk your cookies you hear her sweet comforting voice asking you:

## **MOTHER**

DID YOU ENJOY YOUR HUMAN EXPERIENCE? 

WHAT'S THE MOST FUN YOU EVER HAD? 

WHAT GAVE YOU THE GREATEST PLEASURE? 

WHAT WAS YOUR GREATEST PASSION? 

DID YOU EVER CRY FOR JOY? 

WHAT'S THE NICEST THING ANYONE EVER DID FOR YOU? 

WHAT'S THE NICEST THING YOU EVER DID FOR YOURSELF? 

Just when you may be feeling that you'd like to spend more time here, it all fades away. As you walk away, you see that your next encounter may be quite different.


Some scientist looking Being with a clipboard starts to ask questions before you even arrive in front of him.


## **BELIEFS**


WHAT WAS THE CORE BELIEF BY WHICH YOU LIVED YOUR LIFE? 

WHY DID YOU BELIEVE THAT? 

HOW DID YOU SPEND YOUR LIFE? 

WHY? 

WHY? 

WHY? 

WHAT WAS YOUR GREATEST FEAR? 

WHAT'S YOUR GREATEST FEAR NOW? 

IF YOU COULD GO FACE THAT FEAR RIGHT NOW, GO THROUGH THE FEAR AND EXPERIENCE SOMETHING INCREDIBLE ON THE OTHER SIDE OF IT, WHAT WOULD YOU WANT TO EXPERIENCE?

Before you even answer, this presence also fades away and you are left to contemplate his last question.

You find yourself in some sort of cosmic waiting room where you have an expansive view of stars, planets and you can even see Earth off in the far, far distance. You take it all in as you continue to ponder the last question.

What do I want to experience that is beyond fear?


You soon realize that all other energies are leaving and you'll be by yourself here as long as you like. You may feel a deep peace as you find yourself alone and treasuring this time to reflect on the past and on this last question.


What do I want to experience that is beyond fear?

I am now going to sign off and end our call and let you spend some time reflecting on your experience. Is that OK?

(If OK, simply hang up. If Mentee wants you to stay and check-out, continue as usual)

## **CLOSURE & RETURN**

So please take some time here to allow for whatever wants to come up for you. Let me know when you feel complete and you may also share if you want to. 


Is there anything you'd like to share about what you just experienced? 

Thank you. Please allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience. That you'll feel more refreshed and have more energy than before.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How was that for you?  What is coming up for you? 

Is there anything else you need to feel complete for today?  Thank you.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

# MENTORS SESSION GUIDE

## DAY 3

### INTENTION

- To experience a Funeral Visualization.
- To experience a Life Review and Inter-Life Planning Session.


### CHECK-IN


We want to keep our Check-ins brief today if that is OK with you? Please include your Identity Statement and use Parts Language when it fits. You can start.


*[mentee and mentor check in]*

### INTRODUCTION DEATH VISUALIZATION

Today's visualization may take longer than usual.


Is it OK if we run over about 10 minutes? 


Is it OK if I quietly sign-off at the end of the visualization and let you spend some time to reflect on your experience? 

Will you have time to be with yourself for a while? 

I invite you to spend as much time as you can and you may want to write or draw in your journal as well.

Today we will continue with yesterday's visualization. We'll soon have time in our sessions to reflect on these experiences.

Are you in a good place to start or is there something you need, or want to share before we start? 

One more thing, if at any time during the visualization, you want me to stop talking so you can fully be with something, simple say stop or pause and I'll wait until you say ready or OK. Sound good to you? 

### INDUCTION

I'd now like to take you through the visualization. Please get comfortable. Please tell me when you're ready to begin... 



Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

Note how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper down into the most relaxed feeling you've had in a long time.

## **DEATH VISUALIZATION**

Now as you go deeper and deeper into relaxation, you may notice that it seems like you are starting to float upward from your body, slowly moving upward, feeling lighter and lighter as you go.

As you slowly move upward away from the earth, you once again notice a spark of light in the distance, you remember the voice: "Go through the darkness to the light" and as you find yourself moving more quickly now.

You see the spark of light growing larger and larger until you find yourself inside it, inside a tunnel of light and this time you see faces you recognize: ancestors,

friends that have passed on before you and family you have known who have passed already. (pause)

Now, there is one face that stands out to you, the one person you'd hoped to be with in the afterlife and they greet you lovingly and tenderly.

You spend a few precious moments together as if time itself has stopped for the two of you connect again. (pause)

They now take your hand and you instantly find yourself alone with them in some sort of cosmic movie theater.

You feel a comforting squeeze of your hand as a movie comes on the screen and you know what is coming now.

You are surprised to notice that instead of trepidation, you feel yourself relaxing even deeper, at a deeper level than you ever remember, a deep sense of peace comes over you and very slowly, almost imperceptible at first, you see images of your recent life flowing before you. Some may bring a smile and some a tear.

You may see or sense: (read slowly)

People you loved,

Daily routines,

Your home and family,

People and Events that were most special to you, and now


Things that seemed so important then and may seem insignificant now. (pause)

Notice what stands out for you right now about that life...

Notice WHO stands out to you now. ...pause...

You may share out loud what is coming up for you if you'd like. 

Now that life is over and you knew this would happen someday – it was inevitable.

How does it feel to have it happen so suddenly today? 

## **FUNERAL VISUALIZATION**

Now see the images on the screen slowly transition to recent times and now you find yourself watching your own funeral.

Look around. Notice Who is there. And Who is missing...

See and feel the reactions of your friends and family...


Notice what people are saying and doing...

Now that your old life is over, ask yourself and share if you'd like:

What did you like best about that life? 


What did you like the least? 

What is your deepest regret now that it's over? 

If you could go back to that old life, what is the first thing you would do? 

After your funeral, what will they write on your tombstone? 

Now see the screen grow dim and feel another gentle squeeze of your hand.

You may want to share who you are with and if you'd like some time to speak with them... 


When complete: You may now find yourself being guided to another time and place and with another squeeze you find yourself with a group of people that feel like you've known them for ages, some you may even recognize from the life you just left.

You see yourself talking with them and seem to be planning something.


You hear one of them describe a plan for your next life and you realize that this happened years ago.

They are planning for the life you just left.

You may hear one talking about the lessons you need to learn in the upcoming life...

You may repeat what they are saying out loud if you wish. 

You may hear one of them describing the plan for you to learn these lessons...

Again, you may choose to share it out loud. 

You now may hear one of them describe your mission for this lifetime...


Your purpose for coming back in human form...

How you may best be of service to others and to all of humanity and the world...

You may now realize that they are showing you an image of you fully living this mission in this lifetime.

As you allow the image to become clearer, you see yourself living a familiar life only now it seems to have gone to another level.

You see yourself fully engaged in fulfilling your purpose for this lifetime...

You may share if you'd like. 

As these images unfold, you may hear them all begin to sing a song to you.

You realize that this is Your Song for this lifetime, the song they sing to you when you've lost your way, the song that reminds you why you came into this lifetime...

You start to sing with them as slowly these images and their beautiful voices start to fade.

You find yourself getting heavier and surprisingly again, even more peaceful.

You start to realize that your song has brought you fully back into your human body, only now you may know why you've taken on this body.

You recall a quote from Teilhard de Chardin:

"We are not Human Beings having a spiritual experience, we are Spiritual Beings having a human experience."

And you may find yourself relating to this quote in a different way now.

You slowly move your body and feel yourself back into this body, in this lifetime and in this place.

Once again you find yourself contemplating this experience and may want to do some drawing or writing in your journal.

Is it OK to leave you with this for now? 


(If OK, say goodbye, see you tomorrow. If not OK, continue below)

## **CLOSURE & RETURN**

So please take some time here to allow for whatever wants to come up for you.

Let me know when you're complete and you may also share if you'd like. (pause)

Thanks. How was that for you?  What is coming up for you? 

Is there anything else you need to feel complete for today?  Thank you.

Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## MENTORS SESSION GUIDE

### DAY 4


#### INTENTION


- To Invite Mentee into the After-Life and Wisdom School.

#### CHECK-IN

Today we will be doing a fairly long visualization so we'd like to keep our Check-ins brief. I can start. *[mentee and mentor check in]*

#### INTRODUCTION OF AFTER-LIFE VISUALIZATION

Once again, today's visualization may take longer than usual. Is it OK if we run over by about 10 minutes? 

Today, I will bring you back from the visualization and we can take a few minutes to talk if you'd like. I can also leave you to meditate or journal on your own. You can choose when we finish. OK? 

#### INDUCTION

I'd now like to take you through the visualization. Please get comfortable. Please tell me when you're ready to begin... 

Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath. Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally. As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

Note how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax.

Breathe into your chest and torso and feel all those muscles letting go and relaxing even further.

Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

Allow yourself to go deeper and deeper into a state of total relaxation; There is nothing you need to do right now.

You can simply allow yourself to go deeper down, down and deeper down into the most relaxed feeling you've had in a long time.

## **AFTER LIFE**

Now as you go deeper and deeper into relaxation, you may notice that it seems like you are starting to float upward from your body, slowly moving upward, feeling lighter and lighter as you go.


As you slowly move upward away from the earth, you once again notice a spark of light in the distance, you remember the voice: "Go through the darkness to the light" and you find yourself moving more quickly now.

You see the spark of light growing larger and larger until you find yourself inside it, inside a tunnel of light.

This time, you may start to see faces you recognize. You see ancestors, friends that have passed on before you, family you have known who had passed already... (pause)

And there is now one face that stands out to you, the one person you'd hoped to be with in the afterlife and they greet you lovingly and tenderly.

They take your hand; they gently squeeze it and once again you instantly find yourself alone with them. They point to something in the distance, you feel another squeeze and they're gone.


You take a moment to feel being separated from them once again... You then look again into the distance and see some kind of gateway or boundary and as you find yourself approaching it, there is a figure at the closed entrance. What do you see? 


As you approach and come face to face with this Gatekeeper or Guardian of this boundary, you may hear them saying:


Welcome. Please know that you are right where you need to be right now. This is simply one more phase of your journey and you've done well to get here.

I would very much like to allow you to enter into the beautiful place beyond where we stand and I have a question for you first.

Because of the critical situation back on Earth, we are asking volunteers to return to their old lives and live in service to help others deal with the current transition. To live their missions fully and be of service to something bigger than themselves. To share their wisdom, genius and loving heart with their brothers and sisters still suffering on the planet.

How does that possibility of returning to your old life feel to you at this moment? 

What thoughts and images are coming up for you? 


What are the voices in your head saying to you now? 

I invite you to take a moment and visit with your Archetype Circle. Take a deep breath and find yourself in your Sacred Space with your Archetypes. Let me know when you are there.

Ask what they would like to do in this moment: Return to Life on Earth and be of service; Return and Continue to live your life as before, OR let that life go and enter into your After Life?

Perhaps a brief Check-in where each Archetype could comment on how they feel about these choices. You may start the Check-in now and share what you hear. 

Now that you've heard from your Archetypes and had some time to reflect on this opportunity, you may find yourself back with the guardian at the entrance to the After Life.

Hear the guardian ask you - what do you choose to do? Go back to your current life as is, go back and more fully live your mission or let that life go and enter through this entrance to your After Life experience? 

### **If Mentee says "Go back" say the following:**

See the guardian nodding and acknowledging your decision. Hear him now say: Thank you for your clear choice. Before you go back, we want to offer some instruction on how you might be able to be of service to others in a more effective and wise way.

Would you be open to attending our Wisdom School for a concentrated course on learning to love yourself better, be of service and find more peace within yourself. Possibly accelerating your evolution into a more wise and loving human being?

Our Wisdom School starts tomorrow. We look forward to seeing you there.

(Go to Closure & Return)

## **If Mentee says "Enter Gates" say:**

See the guardian nodding and acknowledging your decision.

Hear him now say: Thank you for your clear choice.


Before you enter, we want to offer some instruction on how you might be able to better integrate the lessons you've learned from this life and learn a few things you weren't able to learn during your time on earth.

We want to prepare you to fully enjoy this well-deserved time of peace and rest.

You will be attending our Wisdom School for a concentrated course on learning to love yourself better, to be of service and to find more peace within yourself.

Our Wisdom School starts tomorrow. We look forward to seeing you there.

## **CLOSURE & RETURN**

Is it OK to leave you with this for now? 

(If OK, say goodbye, see you tomorrow.)

(If not OK, continue below)

So please take some time here to allow for whatever wants to come up for you. Let me know when you're complete and you may also share if you'd like. (pause)

Now, please come back to this time and space.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How was that for you?  What is coming up for you? 

Anything else you need to feel complete with today's experience? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**







# MENTORS SESSION GUIDE

## DAY 5

### INTENTION

- To initiate Wisdom School.
- To reflect on Death and Afterlife Visualizations.

### CHECK-IN

As usual, we will start with a check-in using PEMS. Please check-in.

*[mentee and mentor check in]*

### INTRODUCTION: FIRST DAY OF WISDOM SCHOOL

Welcome to your first day in Wisdom School. Hopefully, your past feelings about school won't stop you from enjoying a different type of school experience. Maybe, you've even been looking for a more adult oriented type of school, where you will have opportunities to learn more about yourself and in the process, possibly learn more about life and the universe you are a valuable part of.

To let you in on a secret, you've been a participant in our Wisdom School since you began the OPP. As a participant who's made it this far, you may already have a feeling for what this Wisdom School is about.

We hope that you've already sensed that one of our primary intentions is to meet you where you are at. As a participant in this program and as a participant in this curriculum, we choose to believe that the cardinal rule in every engagement is to meet the other where they are. That's one of the reasons we emphasize Active Listening.



With that in mind, we know that you have just been through three long visualizations.

We'd like to take today to hear what is and has been going on for you and whatever reflections or insights you've had that you'd like to share.







If you want, we can start with reflecting on the visualizations unless there is something else you'd like to cover first.

(Mentor: Follow Mentee's lead and cover the next topic or go wherever Mentee wants to go now. Use Active Listening as appropriate.)

## REFLECTING ON YOUR DEATH & AFTERLIFE VISUALIZATIONS

In the past three sessions you've experienced three fairly long visualizations. How has that been for you?  Please share anything that's up for you around this experience. 

Mentor: Ask any of the following questions and use Active Listening with each answer.

1. Please comment about the individual segments:
  - Death and Questions from Robed Energies.
  - Going to the Light, Tunnel of Light seeing family and friends.
  - One person who becomes your guide.
  - Life Review.
  - Funeral.
  - Inter-life plan for your current life, your mission, your song.
  - Gatekeeper choice to return or move on.
  - Inner Circle input to decision to return or move on.
2. What was your biggest insight from this?  Any other insights? 
3. What was your biggest regret about dying so soon? 
4. What was the first thing you would do if you went back to this life? 
5. How does your Mission Statement feel to you now? Any changes to it. 
6. Anything else you want to share from the experience? 

Thank you. I invite you to go through the notes from your visualizations and update your Identity Statement, capture any insights you want to hold on to and list any Issues or Wants that came up for you.

How was that for you?  Thank you. Now, let's check out.

## CHECK OUT

## SCHEDULE THE NEXT SESSION

## HOMEWORK

Please do tomorrow's reading which includes an introduction to "Archetypes".

## DAILY READING

### DAY 6

#### Wisdom School

We already mentioned one of our top priorities in our Wisdom School is to start from where you're at. That's why we spend so much emphasis on Active Listening,

Another unique aspect of this wisdom school is for you to spend some time meeting and getting to know our faculty. Our wisdom school faculty is ultimately the resources and guides from your Inner World. Our job is simply to introduce you to your personal faculty and initiate a relationship between you and them.

One of your most important Inner Resources is your Higher Self and Phase Two is primarily about developing a strong relationship between you, your Higher Self and your Sovereign (King/Queen).

To further assist you, you will now meet the major Archetypes. These Archetypes have proven to be a powerful and unique complimentary resource to the Higher Self with similar powers, wisdom and their own unique expression of both.

#### Introduction to Archetypes

In today's session, the Mentee will be interacting with four major Archetypes.

What follows is some information about Archetypes that combines conventional perspectives with information gained from OPP and OPP-like experiences.

#### Conventional Thought on Archetypes

The term "archetype" means original pattern in ancient Greek.

Plato may be the first philosopher to refer to archetypes. He called them Forms.

For Plato, there were two realities: the world we live in and the non-physical realm where the Forms exist.

These Forms, for Plato, are pre-existing ideal templates or blueprints. They include characteristics like roundness, softness, hardness, greenness, blackness, and so on.

Forms is another term for archetypes.

In modern times, psychiatrist Carl Jung popularized archetypes. He saw them as the *fundamental units of the human mind*.

Jung saw Archetypes as the living system of reactions and aptitudes that determine the individual's life in invisible ways. They are the psychic counterpart of instinct.

Because archetypes reside in the unconscious—the part of our minds we aren't aware of—they influence us without us knowing it.

Jung believed that Archetypes are the *secret forces behind human behavior*.

He believed that Archetypes are influencing *everything* you do, think, and feel. And they are influencing everyone around you in a similar way.

Jung believed that the human psyche was composed of three components:

- The ego
- The personal unconscious
- The collective unconscious

According to Jung, the ego represents the conscious mind while the personal unconscious contains memories including those that have been suppressed.

The collective unconscious is a unique component in that Jung believed that this part of the psyche served as a form of psychological inheritance. It contained all of the knowledge and experiences that humans share as a species.

In Jungian psychology, the archetypes represent universal patterns and images that are part of the collective unconscious. Jung believed that we inherit these archetypes much in the way we inherit instinctive patterns of behavior.

Jung believed that there was no limit to the number of archetypes that may exist. He said the existence of these archetypes cannot be observed directly but can be inferred by looking at religion, dreams, art, and literature.

Much of Jung's impressions of archetypes came from the dreams and reflections of his clients.

Active imagination is Jung's other way of getting to know the archetypes.

Active imagination, as Jung describes it, requires your conscious participation to dialogue with the parts of your unconscious in your imagination. (similar to the OPP)

There seems to be one major difference between how Jung perceives archetypes and what many have experienced in doing the OPP.

Jung and many others tend to group Archetypes and Parts together as meaning the same thing.

This is evident from this passage by Scott Jeffrey: <https://scottjeffrey.com/archetypes-psychology/>

### ***A Map of the Human Mind***

*Archetypes provide a powerful way to understand our minds.*

*We tend to think of the mind as a singular unit. “My mind” assumes a unified sense of self (or I).*

*But a careful examination of the mind shows this view to be incorrect. Instead of the mind being singular, it’s plural. A pantheon of archetypal characters exists in our minds.*

*Various forms of therapy seek to integrate these archetypal characters. They each have a different language to describe them.*

*In psychosynthesis, they call them “subpersonalities”. In Internal Family Systems, they are “parts”.*

*Psychologist John Rowan defines a subpersonality as “a semi-permanent and semi-autonomous region of the personality capable of acting as a person.”*

*By whatever name, we come to see our minds as a collection of these semi-autonomous personalities, or archetypes.*

In OPP, many have experienced a significant difference between these two “classifications” of parts and archetypes. We invite you to experience your parts and especially your gathering of parts and compare that to the gathering of your Archetypes and come up with your own comparisons.

For now, the OPP differentiates between Parts and Archetypes and works with them in different ways. In general, OPP treats archetypes more as fully mature Inner World consultants and guides that carry or have access to wisdom of the collective unconscious. This is in contrast to relating to parts as being from our personal subconscious and who carry our personal characteristics and wounds.

We will revisit this topic when we cover “States of Consciousness” in future readings.

## The Major Archetypes

Recently, authors of numerous self-improvement books have used archetypes as fundamental patterns that can aid our inner development and the quest for wholeness.

Four of Jung's archetypes became the title of a book by Robert Moore & Douglas Gillette in 1991. "King, Warrior, Magician, Lover: Rediscovering the Archetypes of the Mature Masculine" became a popular book in the 1900's for those doing Men's Work.

Carol S. Pearson's 2015 book, "Awakening the Heroes Within: Twelve Archetypes to Help Us Find Ourselves and Transform Our World" has been used in Men's and Women's work. Her 12 archetypes include the same 4 major archetypes of Ruler (King/Queen), Warrior, Magician and Lover that Moore uses.

In the OPP, we have found that working with the 4 major archetypes, as well as the 12 archetypes is extremely useful.

The OPP Archetype Assessment, which can be found on the OPP website (<https://omegapointaademy.com>) is a useful instrument for charting a person's progress as they travel a path towards realizing more of their human potential. It uses Carol Pearson's 12 archetypes. Today's session will introduce you to your own 4 major archetypes. These archetypes will provide you with some powerful allies as we enter into Spirit Releasement later in this Phase 3.

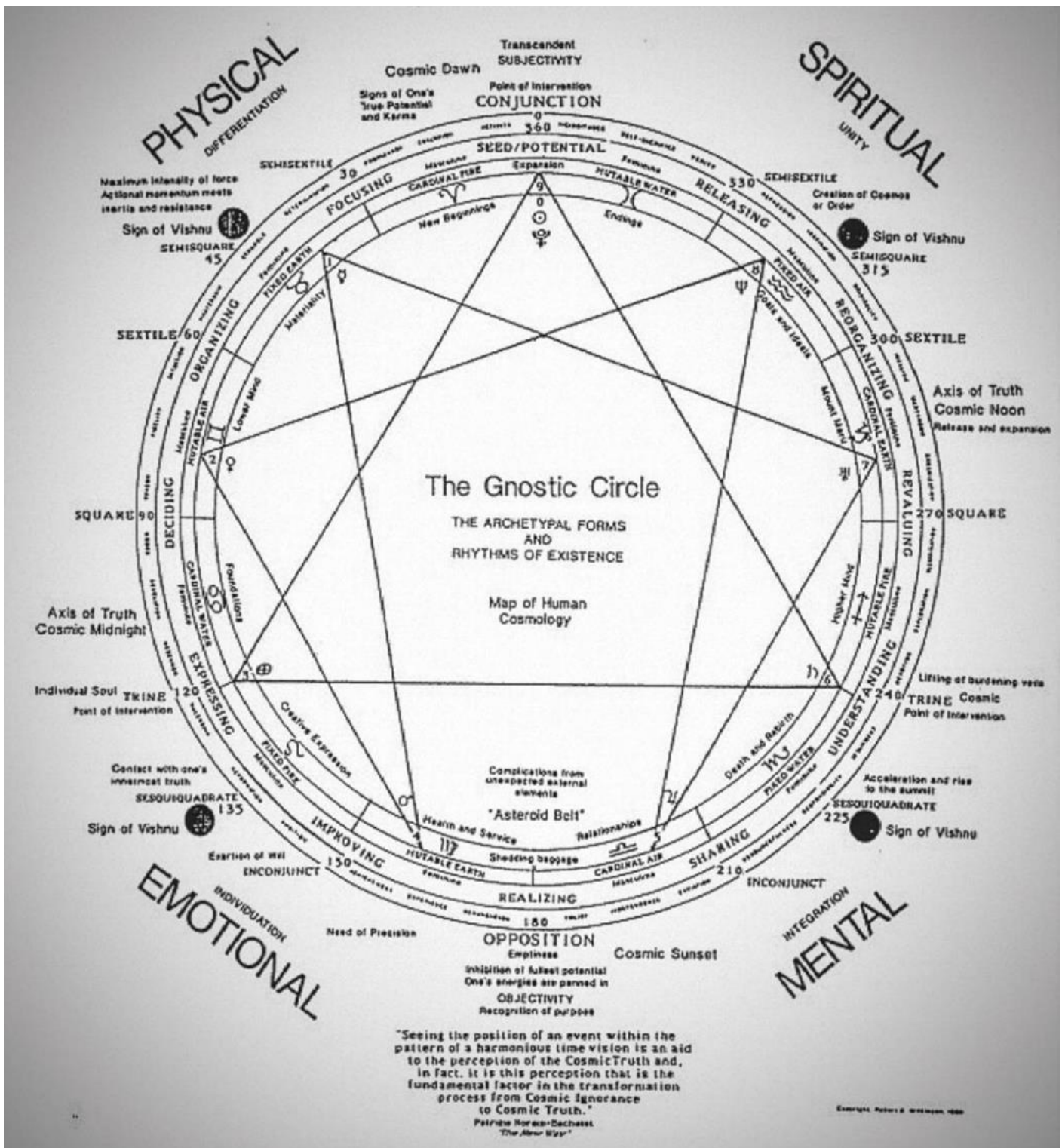
### OPP Insights into the 4 Major Archetypes

There are many ways to describe the significance of the major Archetypes. One way is to relate them to PEMS which you are all familiar with. As shown in the following chart, each of the 4 major archetypes seems to correlate well with the four aspects of life that we check in with every session.

<b>LIFE ASPECT</b>	<b>ARCHETYPE</b>
<b>Physical</b>	Warrior
<b>Emotional</b>	Lover
<b>Mental</b>	King/Queen
<b>Spiritual</b>	Magician



For now, we can use this correlation to relate to these archetypes as a source of wisdom and guidance as we address our PEMS issues. Many more insights will become clear as we progress through the next few sessions.





## MENTORS SESSION GUIDE

# DAY 6

### INTENTION

- To set up Archetype Circle and Check-in.
- Intro Archetype assessment instruction and homework.

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*


### ARCHETYPE CIRCLE

Today we want to work with your King/Queen to set up a separate space for your Archetypes to have their own circle. We may also want to invite in a few more Archetypes to this space.

Is there anything you need before we start?

*[mentee speaks]*

### INDUCTION

Please make yourself comfortable and I'll begin an induction to take you to your Sacred Space. Let me know when you are ready. 

So go ahead and close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you go deeper and deeper into a state of total relaxation, know that there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up.

As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.


## **INNER CIRCLE CHECK-IN**


Do a brief check-in now with these current parts and ask if they have any comments on our intention to work with the King/Queen to set up a separate Archetype Circle today.


You may want to check-in first. Please share what each part says after they are complete.

*[mentee speaks]*

## **ARCHETYPE CIRCLE**


Ask your Higher Self, if it would be willing now to invite your King/Queen Archetype (or Ruler or Sovereign, or a similar Royal image from another culture), to set up this separate circle or space for you to be able to meet with your Archetypes. 

If the King/Queen accepts this invitation from the Higher Self, ask them to take you to where they would like this space to be. 


Once in this new Archetype Space, start to become familiar with this new space and possibly describe out loud what it is like. 


Allow your King/Queen some time to prepare this space for you and possibly more Archetypes to join you there.

Ask the Ruler if it is OK to invite in any other Archetypes that may already be present in your Sacred Space. You can ask the Ruler if it is OK for them to come now or later.


When that feels complete, ask your Ruler how many other archetypes they'd like to invite in today. I.e., Ask if you should start with what some consider the 3 other major archetypes of: Warrior, Magician & Lover (or similar roles from other cultures). 

Follow the Ruler's lead and have them invite in the desired Archetypes for today and have them take their place in this new circle.

When the Archetype Circle is complete for today, ask if they could all check-in and share what their role is in your life and their role in relation to your other parts. 

Ask them to share anything they might want to say to you today as well. You may want to check-in first and then share out loud what the archetypes say to you. 


When this seems complete, you may also want to have a symbol for your Mission emerge in this circle.

Ask the King/Queen if that would be OK and notice what emerges in this place. 

## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place. Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and renewed, having more energy than you've had all day.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you?  Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please complete the Archetype Assessment before the Day 8 session. (see Assessment at the top of the OPP website: <https://omegapointacademy.com>)

## DAILY READING

### DAY 7

#### Daily Readings as Context for OPP Experiences

The purpose of many of these readings is to provide you with the language and context used throughout history for many of the experiences you may be having with the OPP.

Though many of these experiences may be new to you, you may find that the descriptions and language used by those that have gone before you may now be helpful in integrating these experiences in a way that makes sense to you.

Many of you may have never used the term “States of Consciousness”. One intention of the OPP is to give you a healthy and positive experience of exploring the various states of consciousness. We also want to help you achieve higher levels of awareness, competence, compassion and consciousness through the constructive use of altered states. In support of that intention, we offer the following introduction.

#### **STATES OF CONSCIOUSNESS**

States of consciousness are simply temporary altered states or peak experiences that often expand our perspectives on life in this world.

Most spiritual or healing arts have their own terms to describe states of consciousness that are different from our normal "waking" state that we operate in as we move through our daily life.

Carl Jung cited three states of consciousness that are sometimes used in Psychology

- the conscious mind,
- the sub-conscious mind and
- the super conscious mind.

And he relates these to:

- the ego
- the personal unconscious, and
- the collective unconscious

Ken Wilber cites 4 states of consciousness that are often used in Meditation discussions:

- the physical or gross realm
- the subtle realm,
- the causal realm and
- the non-dual realm

And he relates these to:

- the waking state of consciousness
- the dream state of consciousness,
- the deep dreamless state of consciousness, and
- the pure empty Witness or pure Awareness state of consciousness.

In most scientific references, states of consciousness are referred to as brainwave frequencies:

<i>Brainwaves:</i>	<i>Beta</i>	<i>Alpha</i>	<i>Theta</i>	<i>Delta</i>
<i>Cycles per sec:</i>	<i>13 - 60</i>	<i>7 - 13</i>	<i>4 - 7</i>	<i>.4 - 4</i>

Altered states (Trance states) can be induced in many ways including meditation, hypnosis, rituals, psychedelics and dancing.

In sports and the business world, altered states are often referred to as being in Flow or being in the Zone which are modern terms for the Alpha brainwave state.

Wilber	Science	C. J. Jung	C. J. Jung
Realm	Brainwaves	States of Mind	Human Psyche
Gross	Beta	Conscious	Ego
Subtle	Alpha (the Zone, in Flow)	Sub-Conscious	Personal Unconscious
Causal	Theta	Super Conscious	Collective Unconscious
Non-Dual	Delta		

Much of the OPP is designed to do work in altered states of consciousness, especially in the Subtle Realm through Visualizations and light trance work. The whole Subtle Realm is vast and journeys through this realm can be confusing and possibly dangerous.

One of the purposes of the OPP program is to provide the skills and experiences that will empower a positive, healing and transformative path, into and through this realm.

Some cognitive understanding of this realm may also be helpful to you as a context for the experiences you are having and for understanding how your Parts, Archetypes and Higher Self may relate to these realms.

## The Subtle Realm

As mentioned, most of the work done in OPP is done in the Subtle Realm, in Alpha.

The use of subtle to describe this invisible Realm relates to our ability to perceive the energies, thoughts and images that emanate from this realm in relation to our normal experience of the Gross, Physical, Visible Realm.

Normally, as we go through our daily lives, we are so occupied by the colorful, loud, and dynamic images and sounds of our visible world, that we can be oblivious to anything “subtle”. It isn’t until we lie down to sleep and start to relax in the quiet and the darkness, that we may notice an itch that we have to scratch, a pain somewhere in our body that comes out of nowhere or a worrisome thought about what we forgot to do that day. We may also experience creative inspiration or insights that can solve problems we may be struggling with. These are the subtle sensations that we only become aware of when the “Gross” sensations no longer mask them from our perception.

This relaxed pre-sleep state, called the *hypnagogic* state of consciousness, correlates with entering the Subtle Realm of consciousness or Alpha. With the inductions used in the OPP, we are pro-actively accessing this Subtle Realm and using guided and structured “active imagination” to explore it.

In addition to this pre-sleep experience, we can enter this “low” subtle state (also called the etheric realm) through dream states, emotions and meditation.

The Ancient Wisdom Traditions have made a science of working in these realms mainly through meditation.

According to Ken Wilber, “many of the ancient traditions interpret the beings experienced in the overall subtle realm as ontologically real entities. (including elementals, demons and gods and goddesses)

Focus on this Subtle Realm varies considerably between spiritual disciplines, for example, Zen Buddhism focuses on the Causal Realm and initially avoids the Subtle Realm completely. Tibetan Buddhism, on the other hand, may spend 20 years of meditation practice working in this realm before moving on to the Causal Realm.

Most of the spiritual disciplines have their own descriptions of this Subtle Realm and share practices and teachings on how to deal with it. With your OPP experiences in this realm, you may now be able to relate to what many of the disciplines are describing.

You are also invited now, to judge for yourself, which of these teachings and practices resonate with your actual OPP experiences and decide which you may want to study and which you may want to avoid.

Be aware that any study of these realms must deal with the numerous names associated with these states of consciousness, including: bodies, energies, dimensions, plains, realms, levels, sheaths, and domains.

Some excellent and very different resources on the Subtle State of Consciousness are:

- The Religion of Tomorrow by Ken Wilber, and
- The Rise of Superman by Kotler & Stealing Fire by Kotler & Wheal

By using the communication skills and principles taught in the OPP, we can engage this realm and the many energies that exist there in a healthy and constructive way.

As we develop connections and relationships with our parts, our archetypes and our Higher Self while in this realm, we gradually can develop access to their guidance and wisdom even when living among the distractions of our everyday life in the Gross, Physical realm.

One of the main goals of the OPP is for you to develop a strong relationship with your Higher Self and have access to their voice and presence simply by turning your focus inwards whenever and wherever you happen to be.

# MENTORS SESSION GUIDE

## DAY 7

### INTENTION

- To work on a Major Issue (maybe a chronic PEMS issue).
- Using Archetype Circle with The Transformation Process.

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### REFRAMING


Today, you will get to experience Reframing and The Transformation Process again.


We'll be using this process to sort out a difficult issue for you and today we will add in Positive Intent to the process and visit with your Archetype Circle to get their input.


So, I invite you to take a deep breath and allow yourself to relax.


I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.


### TRANSFORMATION PROCESS


So, is there a difficult or complex issue that you may be currently struggling with? 

Please describe this situation or issue. 


What is the data or what are the facts concerning this issue? 

How does it show up in your life? 

Relative to this issue, what do you want? 

What does [answer] mean to you? 

What would that look like? 

How will you know when you have it? 



## POSITIVE INTENT PROCESS

So once again now, in a few words, what do you want? [mentee answers]

**I hear you say [answer].**


**Imagine having [answer] fully and completely. Breathe it in. Be with it.**

**(pause)... Allow yourself to feel this [answer] in every part of your body...**

**Now, having [answer] fully and completely, what do you get from that?**

[mentee answers]

(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)

Imagine having [core state, i.e. peace] fully and completely. Breathe it in. Be with it. (pause)... Now from this place of [core state], I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 

(Allow Mentee some time to enjoy this Core State and then continue.)

## REFRAMING

What are you doing to get this [core state] ? 

What does that current behavior look like? Please be as specific as you can. 

How is that working?  Are you getting the [core state] you want? 

How do you know that?  What lessons are you learning from this? 

Are you open to taking on a new behavior to get what you want? 

What other behavior choices are you aware of right now? 


## ARCHETYPE CIRCLE CHECK-IN

Are you willing to go to your Archetypes now to get their input?

Close your eyes, take a few deep breaths and exhale slowly.


Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.


As you begin to breathe normally now, allow yourself to move into your Archetype Circle.

Take one more deep breath and as you exhale slowly, find yourself fully aware and present with your Archetypes. Let me know when you are there. 

Do a check-in now with your Archetypes.


Ask if they have some suggestions on a new behavior you could adopt to get what you want. Please share what each part says after they are complete. 


What alternatives do you resonate with? 

Which alternative do you choose? 


What's at risk for you to take action on this choice? 


(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice? 

What actions will you take? 

What will you do this week to act on your choice? 


Is there someone or a part of you, you can ask for support? 

Is there something else you need to feel complete with this for today? 

## **CLOSURE & RETURN**

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please complete the OPP Archetype Assessment if you haven't yet. Also, please read over today's Reading.

## DAILY READING

### DAY 8

#### Assessment from the Archetypes

Today's intention to supplement the OPP Archetype Assessment with input from the four major archetypes themselves.

Mentee will do a brief check-in and then ask their Archetypes for their assessment of where they stand on reaching the full embodiment of each archetype.

Mentor will be taking notes for Mentee so they can relax and be fully with the archetypes.

Mentor may want to have these two items in front of them:

- Mentee's assessment results and
- The following Level Descriptions for the Major Archetypes.

#### RULER

**SHADOW:** Controlling, rigid, tyrannical, and manipulative behaviors; the ogre tyrant.

**LEVEL 1:** Lack of resources, harmony, support, or order in your life.

**LEVEL 2:** Taking responsibility for the state of your life; seeking healing of wounds or areas of powerlessness that are reflected in scarcity in your outer life; concerned primarily with your own life or your own family.

**LEVEL 3:** Developing skills and creating structures for manifesting your own dreams in the real world as it is; concerned with the good of whatever group or community you belong to.

**LEVEL 4:** Fully utilizing all resources-internal as well as external; concerned with the good of society or the planet.

## **MAGICIAN**

- SHADOW:** Evil sorcerer or wicked witch, synchronistic negative occurrences, calling negativity to oneself or turning positive into negative occurrences.
- LEVEL 1:** Physical or emotional illness, or extrasensory or synchronistic experiences.
- LEVEL 2:** Experiencing healing, choosing to notice extrasensory or synchronistic experiences.
- LEVEL 3:** Grounding inspiration by acting on your visions and making them real; making your dreams come true.
- LEVEL 4:** Consciously using the knowledge that everything is connected to every-developing mastery of the art of changing physical realities by first changing mental, emotional, and spiritual ones.

## **LOVER**

- SHADOW:** Jealousy, envy, obsessive fixation on a love object or relationship, sexual addiction, Don Juanism, promiscuity, obsession with sex or pornography, or (conversely) puritanism.
- LEVEL 1:** infatuation, seduction, yearning, falling in love (with a person, an idea, a cause, a work).
- LEVEL 2:** Following your bliss, what you love.
- LEVEL 3:** Bonding with and making commitments to whom and what you love.
- LEVEL 4:** Radical self-acceptance giving birth to the Self and connecting the personal with the transpersonal, the individual with the collective.

## **WARRIOR**

- SHADOW:** Ruthlessness, unprincipled and obsessive need to win, use of power for conquest, a view of all difference as a threat.
- LEVEL 1:** Confrontation of a great challenge or obstacle.
- LEVEL 2:** Fight for self or others to win or prevail (anything goes).
- LEVEL 3:** Principled fight for self or others; abiding by the rules of a fair fight or competition; altruistic intent.
- LEVEL 4:** Fortright assertiveness; fighting or competition for what really matters (not simply personal gain); little or no need for violence; preference for win/win solutions; conflict honestly aired; increased communication, honesty.

# MENTORS SESSION GUIDE

## DAY 8

### INTENTION

- To visit Archetype Circle.
- Receive an Assessment from Archetypes.

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### ARCHETYPE CIRCLE

Today, we will do a short induction and take you to your Archetype Space.

We will do a brief check-in and then ask your Archetypes for their assessment of where you stand on reaching your full potential of embodying the best of each archetype.

I will be taking notes for you so you can relax and be fully with your archetypes.

Any questions? 

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the Archetypes that you invited in previously are there. If not, invite them to come in now.

## **ARCHETYPE CIRCLE CHECK-IN**


Ask your King/Queen if it would be OK to discuss this Archetype Assessment with the Archetype Circle today? 

If not OK, ask what they would like to do today? 

If OK, do a brief check-in now with the current archetypes. You may want to check-in first.

Share that your intention is to ask them of what you can do now to move towards the full embodiment of their abilities and qualities.

Ask them to include in their check-in, if they have any concerns or requests they want to share before starting this process.


Please share what each part says after they are complete. 

*[mentee speaks]*


## **RULER**

According to this assessment, the Ruler in each of us understands that we are responsible for our inner and outer lives; the buck stops here.

At worst, the Ruler is a despot, at best, the Ruler's order is inclusive, creating inner wholeness and outer community and fully utilizing all resources - internal as well as external; and concerned with the good of society or the planet.


Ask your King/Queen if they'd like to comment on this description and share where they feel you fall short of this ideal. 



Ask them what they most want you to focus on as you move towards the full embodiment of your Ruler. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Ruler and spend some time in this presence.

Step out when complete and share about the experience if you like. 

Thank your King/Queen and we will move on to your Magician.


## MAGICIAN


According to this assessment, Magicians create new realities, transform old ones, serve as catalysts for change, and “name” and thereby create reality. At worst, their efforts can be “evil sorcery.”

At best, they consciously use the knowledge that everything is connected to every-thing else; develop mastery of the art of changing physical realities by first changing mental, emotional, and spiritual ones.


They discover empowering, win/win solutions.

Ask your Magician if they’d like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Magician. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Magician and spend some time in this presence.

Step out when complete and share about the experience if you like. 

Thank your Magician and we will move on to your Lover.


## LOVER

According to this assessment, Lovers find out who they are by discovering who and what they love. At a lower level, the lover may love only a few people, activities, or things.

At a higher level, Lovers expand that love to enjoy and respect all of life’s diversity.

There is a radical self-acceptance giving birth to the Higher Self and connecting the personal with the transpersonal, the individual with the collective.


Ask your Lover if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Lover. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy.

If OK, step into your Lover and spend some time in this presence.

Step out when complete and share about the experience if you like. 

Thank your Lover and we will move on to your Warrior.

## **WARRIOR**


According to this assessment, the Warrior defeats the villain and rescues the victim.

Warriors are courageous and disciplined, imposing high standards on themselves.

At worst, they run roughshod over others. At best, they assert themselves appropriately to make the world a better place.


They display forthright assertiveness; fighting or competition for what really matters (not simply personal gain); little or no need for violence; preference for win/win solutions; conflict honestly aired; increased communication, and honesty.

Ask your Warrior if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Warrior. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Warrior and spend some time in this presence.


Step out when complete and share about the experience if you like. 


Thank your Warrior and we will move back to your King/Queen.

## **CENTER**

Ask your King/Queen if you can step into the center and feel the embodiment of all four archetypes at once.

If OK, step into center and be with all 4 energies and whatever is created by their combined powers.


Take in this energy and any images or messages that may come up. Step out when complete and share about the experience if you like. 

Ask the King/Queen if they would like to say something else before we complete today's process. 

## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously. Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you? 

What worked for you, and what did you find challenging? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

## DAILY READING

### DAY 9

#### Assessment from the other Archetypes

Mentor may want to have these two items in front of them:

- Mentee's assessment results and
- The following Level Descriptions for the other Archetypes.

(see next page)

## **INNOCENT**

- SHADOW: Denial, repression, blaming, conformity, irrational optimism, and risk taking
- LEVEL 1: Safe, secure environment; a desire to be protected, to experience unconditional love and acceptance
- LEVEL 2: Unquestioning acceptance of environment, authorities; belief that the world as it is being experienced is all there is; dependence
- LEVEL 3: Experience of the “fall” - disillusionment, disappointment-but retention of faith and goodness in Adversity
- LEVEL 4: Return to Paradise, this time as a wise Innocent; trust and optimism without denial, naiveté or dependence

## **ORPHAN**

- SHADOW: Cynicism, callousness, Masochism or sadism; using the victim role to manipulate the environment
- LEVEL 1: Abandonment, betrayal and self-betrayal, disillusionment, discrimination, victimization
- LEVEL 2: Learning to acknowledge the truth of one’s plight and feel pain, abandonment, victimization, powerlessness and loss of faith in people and institutions in authority
- LEVEL 3: Accepting the need for help; being willing to be rescued and aided by others
- LEVEL 4: Replacing dependence on authorities with interdependence with others who help each other and band together against authority; developing realistic expectations

## **CAREGIVER**

- SHADOW: Suffering martyr; devouring mother or father; “guilt-tripping” or guilt ridden behavior; enabling behaviors (which aid and abet other people’s addiction, irresponsibility, or narcissism)
- LEVEL 1: Responsibilities that require care of others (like parenting, for example)~ recognition of another’s neediness or dependence (or your own)
- LEVEL 2: Conflict between your own needs and those of others; tendency to sacrifice your own needs to what others need or want from you; rescuing
- LEVEL 3: Learning to care for yourself so that caring for others is enriching not maiming; learning “*tough love*”; empowering-not doing for-others
- LEVEL 4: Generativity; willingness to care and be responsible for people (and perhaps also for animals and the earth) beyond your own immediate family and friends; community building

## **DESTROYER**

- SHADOW: Self-destructiveness (including drug and alcohol abuse, suicide) and/or destruction of others (including murder, rape, defamation of character)
- LEVEL 1: Experience of pain, suffering, tragedy, loss
- LEVEL 2: Confusion, grappling ‘with meaning of death, loss, pain
- LEVEL 3: Acceptance of mortality, loss, and relative powerlessness
- LEVEL 4: Ability to choose to let go of anything that no longer supports your values, life, and growth, or that of others

# MENTORS SESSION GUIDE

## DAY 9

### INTENTION

- To visit Archetype Circle.
- Receive an Assessment from other Archetypes.

### CHECK-IN

Please check-in using PEMS.


*[mentee and mentor check in]*

### ARCHETYPE CIRCLE

Today, we will do a short induction and take you to your Archetype Space.

We will do a brief check-in and then ask your Archetypes for their assessment of where you stand on reaching your full potential of embodying the best of each archetype.

I will be taking notes for you so you can relax and be fully with your archetypes.

Any questions? 

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.



You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the Archetypes that you invited in previously are there. If not, invite them to come in now.

## **ARCHETYPE CIRCLE CHECK-IN**


Ask your King/Queen if it would be OK to discuss this Archetype Assessment with the Archetype Circle today? 

If not OK, ask what they would like to do today? 

If OK, do a brief check-in now with the current archetypes. You may want to check-in first.

Share that your intention is to ask them of what you can do now to move towards the full embodiment of their abilities and qualities.

Ask them to include in their check-in, if they have any concerns or requests they want to share before starting this process.

Please share what each part says after they are complete. 


*[mentee speaks]*

## **INNOCENT**

According to this assessment, the Innocent in each of us is the prefallen person who lives-or tries to live-in Eden. The Innocent's gift to the world is trust, optimism, and belief in things as they are. At the lowest level, belief is preserved by denial, at the highest level, by transcendence.


At best, the Innocent returns to Paradise, this time as a wise Innocent; with trust and optimism without denial, naiveté or dependence

Ask your Innocent if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Innocent. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Ruler and spend some time in this presence.


Step out when complete and share about the experience if you like. 

Thank your Innocent and we will move on to your Orphan.

## **ORPHAN**


According to this assessment, The Orphan has the same wish as the Innocent-to live in a safe world-but the Orphan feels betrayed, abandoned, victimized. At the lowest level, the Orphan is a confirmed victim and cynic at a higher level, the Orphan simply reminds us of his or her vulnerability and interdependence

At best, they replace dependence on authorities with interdependence with others who help each other and band together against authority and develop realistic expectations

Ask them what they most want you to focus on as you move towards the full embodiment of your Orphan. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Orphan and spend some time in this presence.

Step out when complete and share about the experience if you like. 

Thank your Orphan and we will move on to your Caregiver.

## **CAREGIVER**


According to this assessment, Caregivers take care of others even when doing so requires sacrifice. They give to make the world a better place for others.


At worst, the Caregiver's sacrifice is maiming or manipulative.

At best, the Caregiver's giving is compassionate, genuine, and of great help to others. They express Generativity; willingness to care and be responsible for people (and perhaps also for animals and the earth) beyond your own immediate family and


friends; community building

Ask your Caregiver if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Caregiver. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Caregiver and spend some time in this presence.

Step out when complete and share about the experience if you like. 

Thank your Caregiver and we will move back to your Seeker.

## SEEKER


According to this assessment, The Seeker explores internal and external realities and is willing to give up security, community, and intimacy for autonomy.


Seekers find out who they are by differentiating themselves from others.

At worst, they are just outsiders.

At best, they find their unique identities and vocations.

At a higher level, Seekers embody Spiritual searching and transformation


Ask your Seeker if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Seeker. 

Please ask any questions you may have. 


Ask if you can merge with him/her and fully feel and embody their energy.

If OK, step into your Seeker and spend some time in this presence.


Step out when complete and share about the experience if you like. 


Thank your Seeker and we will move on to your King/Queen.

## **CENTER**

Ask your King/Queen if you can step into the center and feel the embodiment of all four archetypes at once. 

If OK, step into center and be with all 4 energies and whatever is created by their combined powers.

Take in this energy and any images or messages that may come up. Step out when complete and share about the experience if you like. 


Ask the King/Queen if they would like to say something else before we complete today's process. 


## **CLOSURE & RETURN**


When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you? 

What worked for you, and what did you find challenging? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

## DAILY READING

### DAY 10

#### Assessment from the other Archetypes

Mentor may want to have these two items in front of them:

- Mentee's assessment results and
- The following Level Descriptions for the other Archetypes.

(see next page)

## **SEEKER**

- SHADOW: Excessive ambition, perfectionism, pride, inability to commit, addictiveness in general.
- LEVEL 1: Alienation, dissatisfaction, emptiness, opportunity knocking
- LEVEL 2: Exploring, wandering, experimenting, studying, trying new things
- LEVEL 3: Ambition, climbing the ladder of success, becoming the best you can be
- LEVEL 4: Spiritual searching, transformation

## **CREATOR**

- SHADOW: Creation of negative circumstances, limited opportunities, obsessive creation, workaholism
- LEVEL 1: Daydreams, fantasies, images, or flashes of inspiration
- LEVEL 2: Opening to receive visions, images, hunches, inspiration
- LEVEL 3: Allowing yourself to know what you really want to have, do, or create
- LEVEL 4: Experiments with creating what you imagine-allowing yourself to let your dreams come true

## **SAGE**

- SHADOW: Cut off, unfeeling, “Ivory tower”, “above it all”; critical, judging, or pompous behaviors and attitudes
- LEVEL 1: Confusion, doubt, deep desire to find the truth
- LEVEL 2: Search for “the Truth” and for objectivity
- LEVEL 3: Skepticism, awareness of multiplicity and complexity of truth, all truth seen as relative; acceptance of subjectivity as part of the human condition
- LEVEL 4: Experience of ultimate truth or truths; wisdom

## **FOOL**

- SHADOW: Self-indulgence, sloth, gluttony, irresponsibility
- LEVEL 1: Boredom, ennui, desire to have more enjoyment in life
- LEVEL 2: Life is a game to be played for the fun of it (Fool)
- LEVEL 3: Cleverness used to trick others, to get out of trouble, to find ways around obstacles, to tell the truth without impunity (Trickster)
- LEVEL 4: Life is experienced fully in the moment; life is celebrated for its own sake and lived in the moment, one day at a time (Wise Fool or Jester)

# MENTORS SESSION GUIDE

## DAY 10

### INTENTION

- To visit Archetype Circle.
- Receive an Assessment from other Archetypes.

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### ARCHETYPE CIRCLE

Today, we will do a short induction and take you to your Archetype Space.

We will do a brief check-in and then ask your Archetypes for their assessment of where you stand on reaching your full potential of embodying the best of each archetype.

I will be taking notes for you so you can relax and be fully with your archetypes.

Any questions?

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.



You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the Archetypes that you invited in previously are there. If not, invite them to come in now.

## ARCHETYPE CIRCLE CHECK-IN


Ask your King/Queen if it would be OK to discuss this Archetype Assessment with the Archetype Circle today? 

If not OK, ask what they would like to do today? 

If OK, do a brief check-in now with the current archetypes. You may want to check-in first.

Share that your intention is to ask them of what you can do now to move towards the full embodiment of their abilities and qualities.

Ask them to include in their check-in, if they have any concerns or requests they want to share before starting this process.

Please share what each part says after they are complete. 

*[mentee speaks]*

## DESTROYER

According to this assessment, when the Destroyer is active within a person, what we see are the effects of tragedy and loss. At best, this initiatory loss leads to a greater receptivity to new Ideas, empathy and compassion for others, and a deeper knowledge of their own identity and strength.

At worst, it simply disseminates a personality, and we see before us simply a ruin of what was.

Ask your Destroyer if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Destroyer. 🔴

Please ask any questions you may have. 🔴

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Destroyer and spend some time in this presence.

Step out when complete and share about the experience if you like. 🔴

Thank your Destroyer and we will move on to your Creator.

## CREATOR

According to this assessment, When the Creator is active within a person, that person is in the process of discovering or creating a more adequate sense of Self At best, this new identity is transformative and leads to a more fulfilling and effective life.

At worst, it is simply an experiment, and the person retreats or goes back to the drawing board to start over. At best, Experiments with creating what you imagine-allowing yourself to let your dreams come true

Ask your Creator if they'd like to comment on this description and share where they feel you fall short of this ideal. 🔴

Ask them what they most want you to focus on as you move towards the full embodiment of your Creator. 🔴

Please ask any questions you may have. 🔴

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Creator and spend some time in this presence.

Step out when complete and share about the experience if you like. 🔴


Thank your Creator and we will move on to your Sage.


## SAGE


According to this assessment, Sages find freedom through understanding the big picture (Global or cosmic) and a capacity for detachment.

At the lowest level, the Sage may have little interest in the ordinary, mundane pleasures of life. At the highest level, however, the Sage combines detachment with love, wisdom, and joy in life.

At a higher level, Sages experience ultimate truth or truths; wisdom


Ask your Sage if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Sage. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy.

If OK, step into your Sage and spend some time in this presence.

Step out when complete and share about the experience if you like. 

Thank your Sage and we will move on to your Fool.


## **FOOL**


According to this assessment, the Fool finds freedom through unconventionality and a capacity to enjoy every moment.

The Fool lightens us up, finds clever, innovative, and fun ways around obstacles-intellectual or physical. At worst, Fools are irresponsible.

At best, Fools live lives of joy because they live fully every moment.


Life is experienced fully in the moment; life is celebrated for its own sake and lived in the moment, one day at a time (Wise Fool or Jester)

Ask your Fool if they'd like to comment on this description and share where they feel you fall short of this ideal. 

Ask them what they most want you to focus on as you move towards the full embodiment of your Fool. 

Please ask any questions you may have. 

Ask if you can merge with him/her and fully feel and embody their energy. If OK, step into your Fool and spend some time in this presence.


Step out when complete and share about the experience if you like. 


Thank your Fool and we will move back to your King/Queen.

## **CENTER**

Ask your King/Queen if you can step into the center and feel the embodiment of all twelve archetypes at once.

If OK, step into center and be with all 12 energies and whatever is created by their combined powers.


Take in this energy and any images or messages that may come up. Step out when complete and share about the experience if you like. 


Ask the King/Queen if they would like to say something else before we complete today's process. 


## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously. Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you? 

What worked for you, and what did you find challenging? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

## DAILY READING

### DAY 11

#### Archetypes and States of Consciousness

In an earlier reading we introduced States of Consciousness and described how the OPP is designed to provide experiences and navigation skills for the Subtle Realm, also called the Personal subconscious.

As we move into working with the Major Archetypes, we may be entering into a higher state of consciousness called the Causal Realm or the Collective Unconscious.

Essentially, this higher Causal realm is made up of more subtle energies than the subtle realm. The energies, forms and archetypes found in this realm are less personal, more universal and more connected to the collective consciousness of the human species.

We could directionally place our Parts, our secondary Archetypes and the major archetypes in relation to the subtle and causal realms as shown below:

<b>C. J. Jung: Human Psyche</b>	<b>Wilber: Realm</b>		<b>OPP: Images/Entities</b>
Ego	Gross		Physical
Personal Unconscious	Subtle	Low	Parts
		High	Personal Archetypes
Collective Unconscious	Causal		Major Archetypes
	Non-Dual		Universal Field

Because of this direct connection the Major Archetypes (and also our Higher Self) have with the Collective Unconscious and the Universal Field of Consciousness, they often seem to be the embodiment of Wisdom, Love and Compassion as well as other superior qualities.

Having the opportunity to directly inter-act with these powerful beings in our Inner World can be one of the magical and humbling experiences available from this OPP approach.

From the OPP experience, and as shown on the chart, the Personal or Secondary Archetypes, which include the Shaman and Caregiver that were invited in during Phase 2, seem to fit into this middle ground between our parts and our major archetypes.

These personal archetypes carry many of the same qualities of the Major archetypes, though mainly expressing those qualities that are more related to their specific roles. They also seem to be closer to the parts and more willing to be of service to their needs.

As with all these general observations, you may have different experiences of your archetypes and are invited to create your own comparisons and ways of relating to them that best serve both you and your companions in your Inner World.

We will cover more about the Causal Realm, the Universal Field and their relationship to Archetypes in later readings.

# MENTORS SESSION GUIDE

## DAY 11

### INTENTION

- To visit Archetype Circle.
- Review Archetype Assessment.

### CHECK-IN

Please check-in using PEMS.


*[mentee and mentor check in]*

### ARCHETYPE CIRCLE

Today we will do a short induction and take you to your Archetype Space.

We will do a brief check-in and then ask your Archetypes for their comments on your Archetype Assessment you have taken recently. We may invite in some of the other 12 archetypes that are not yet in your Sacred Space.

I will be taking notes for you so you can relax and be fully with your archetypes.

Any questions? 

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.



You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.


Notice if the Archetypes that you invited in previously are there. If not, invite them to come in now.

## **ARCHETYPE CIRCLE CHECK-IN**


Ask your King/Queen if it would be OK to invite your Higher Self to join you in your Archetype Circle.


Ask your King/Queen if it would be OK to discuss this Archetype Assessment with the Archetype Circle today and possibly invite in some of the other 12 archetypes not yet present in your Sacred Space.


If not OK, ask what they would like to do today?

If OK, do a brief check-in now with the current archetypes. You may want to check-in first. 

## **ARCHETYPE ASSESSMENT REVIEW**


Please share with your Archetypes, your summary of the archetype assessment you completed. 

Share which archetypes are your biggest challenge to understand or where you may be in shadow or at the lower levels. 


You might want to share your feelings about what came out of the assessment and ask any questions you may have about some of the results. 

If you'd like, I can share any specific results that are shown on my copy of the completed assessment.

*[mentee speaks]*

Now ask your King/Queen if it would be OK to do a check-in round and have each of the archetypes offer any comments or recommendations to you in the areas where you appear to be struggling, if any. 


If OK, go ahead and start the check-in by asking for what you want from them.


You may want to mention any specific issues that seem to be significant for you. 


*[mentee speaks]*

## **ARCHETYPE DISCUSSION**

Ask your King/Queen if you could ask a few questions about Archetypes and Parts.

Ask if and how Archetypes are different than parts. 

Ask if there is a basic difference between the Major and Secondary Archetypes? 

Ask if they can share anything about how you can work with Archetypes in a better way. 

Ask them for their help on any specific project or issue you may be working on. 


*[mentee speaks]*

## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you?  Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please review tomorrow's Reading and update your Identity Statement as requested.

## DAILY READING

### DAY 12

#### THE UNIVERSAL FIELD

##### A Creation Story

We may all have our own creation story. It may come from an indigenous, tribal source such as the Norse Myths, from the Christian Bible, from Science and the Big Bang or something we developed on our own.

One story that Ken Wilber shares and which seems similar to the creation story from the Kabbalah Tree of Life, explains how the Universal Field, The Causal Realm and the Archetypes all deeply relate to each other.

The story starts out with the Universal Field. What is the Universal Field? The Universal Field relates to the Non-Dual Realm of consciousness.

<b>C. J. Jung: Human Psyche</b>	<b>Wilber: Realm</b>		<b>OPP: Images/Entities</b>
<b>Ego</b>	<b>Gross</b>		<b>Physical</b>
<b>Personal Unconscious</b>	<b>Subtle</b>	<b>Low</b>	<b>Parts</b>
		<b>High</b>	<b>Personal Archetypes</b>
<b>Collective Unconscious</b>	<b>Causal</b>		<b>Major Archetypes</b>
	<b>Non-Dual</b>		<b>Universal Field</b>

This Field may have more names than God, and one of the names used for it, is God. It is also referred to as the Void, The Field of Potential, the Ultimate Source, the Force (from Star Wars), the Web of Life, Ultimate Reality, the Absolute, the Divine, Nature, Spirit, Oneness, the Supreme Identity, the Non-dual Ground of All Being, the Unified Field of Consciousness, Atman, Pure Consciousness, Self, the Aether, the Aether Field, the Monadic plane, Adi, the Buddhic Plane, and on and on.

*“Many thousands of years ago the ancient Vedic texts described our minds, or our consciousness to be more exact, not as something that is generated by our bodies, but as individual vibrations on a universal field of consciousness, kind of like an ocean can rise up as many different waves at the same time.*

*They described this “ocean” as a universal force of life that had specific qualities, like pure love, omnipresence, omniscience, and omnipotence.”*

Maharishi Mahesh Yogi explains: Due to its essential nature as consciousness, the unified field has the dual characteristics of *existence and intelligence.*”

Yoda (Star Wars) described it as:

*For my ally...is the Force  
And a powerful ally it is  
Life creates it...makes it grow  
Its energy surrounds us...and binds us  
Luminous beings are we, not this crude matter  
You must feel the Force, around you  
Between you, me, the tree, the rock, everywhere*

In Science, there is a growing realization that this field exists and it connects everything. It explains "quantum entanglement" and is referred to as the Universal Unified Field or the Zero Point Field.

“The Universal Field Theory is not a physics theory in a classical sense. It is rather a philosophical theory explaining Why and How physical phenomena appear. In that way the theory is a complement to the more mathematically based theories, even though it comes to conclusions that would require adjustments of some of the main present theories, when it explains issues that has stayed unexplained for more than one hundred years. Thus, it proposes solutions to a number of physical phenomena that baffle the scientific world,

such as gravity, inertia and Big Bang. It gives logical explanations to why the world is relative in terms of time, the speed of light and others, it combines several of the concepts of the quantum mechanics and the theory of relativity, and it proposes reasons for supernovas and the difference between matter and antimatter”. <https://theuniversalfieldtheory.com>

Recent books on the Field that are worth reading include:

**The Field: The Quest for the Secret Force of the Universe: Lynne McTaggart**

*The Field* establishes a new biological paradigm: it proves that our body extends electromagnetically beyond ourselves and our physical body.

**Cosmometry: Exploring the HoloFractal Nature of the Cosmos: Marshall Lefferts**

Cosmometry offers a guided exploration into new understandings about the fractal-holographic nature of the unified field from which everything emerges in a seamless integrity of wholeness.

Whether or not this Field does exist, the above describes the Field as it was understood when this Creation Story was developed a long time ago.

So once again, the creation story starts out with the Universal Field.

According to the Ancient Wisdom Traditions and told by Wilber:

"The creation of the manifest world occurs by spirit going out itself, stepping down and reducing itself to a lesser version of itself called the "Soul". Then the Soul itself sediments, or condenses, and again steps down and contracts to create a lesser version of itself, the "mind". Then the mind likewise condenses, crystallizes, and contracts into a lesser version of itself, the living body. finally, the living body sediments or condenses downward into the lowest, densest, insentient, lifeless version, matter, or the physical realm.

So, all of these realms are versions of spirit - there is Spirit as Spirit, Spirit as soul, Spirit as mind, Spirit as body and Spirit as matter. Each level is simply a reduced version of Spirit with less consciousness, less being, less Spirit, but all being Spirit nonetheless.

This entire movement "outward" and "Downward" to create a universe is called involution.

When this involution first occurs, each step downward is bought at the price of unconsciousness. As Spirit steps down into soul, it forgets it is Spirit and only recognizes

soul. As soul steps down into mind, it forgets it is soul and only recognizes mind. As mind steps down into body, it forgets it is mind and only sees body. And as body finally steps down into matter, it forgets it is body and only knows the material world, which then blows into existence with the Big Bang, producing a universe of nothing but the lowest-level matter (with all the higher levels being forgotten, unconscious, and not seen or manifest but existing as unconscious potentials of the universe).

Once the material world blows into existence, then the entire process begins to reverse itself. This reverse movement of matter back to Spirit is called evolution. Plotinus referred to it as: the return of Spirit to Spirit as Spirit.

Spirit steps out of the Universal Field and steps down to a lower version of itself called soul, which steps down to a lower version called mind... to body... matter each with less consciousness this entire movement outward and downward to create a universe is called involution.

Each lower level forgets the previous higher level and finally matter with all higher levels forgotten and residing in its sub-conscious. Then big bang – all matter. Then the reverse movement back to spirit called evolution. Plotinus called it the return to spirit.

We are now at the point in return evolution where, according to this traditional view, a significant number of people are starting to awaken to the fact that they possess souls, or, by whatever name, a spiritual component that goes quite beyond the mental ego.

There is a force, the traditions called Eros, that is pulling us from matter towards our return to Spirit and this eventual awakening.

Individually, anyone can successfully awaken to all these higher levels, not just soul, but all the way to spirit – higher levels that were forgotten in the prior involutionary process but continue to exist in the higher unconscious.

These levels are realms awaiting our own recognition, remembrance, or awareness and hence our own Waking Up." The Religion of Tomorrow. P. 149

## The Creation Story and the Archetypes

According to the traditions, the Causal Archetypes are the first forms that occur during involution not evolution. They emerged from Spirit as it moved down to soul and then mind, way before the Big Bang, and before evolution ever began. They are now waiting to be recognized by you on your evolutionary journey back to Spirit.

Whether they are the Major Archetypes we've already discussed or some greater archetypes we might still discover, we may get a chance to find out how much of this creation story could actually be useful to us as a context for our OPP Inner World explorations.

## Omega Point

One final piece on evolution that is highly relevant to our OPP journey.

To quote Wilber again:

"Some who are more scientifically oriented have looked at the general direction of evolution itself – toward greater and greater material complexity, higher and higher Wholes, more and more consciousness, greater and greater moral embrace – and concluded that this universe is headed toward an **Omega Point**, where all beings awaken to their oneness with this divine totality or system.

Teilhard de Chardin's version of the **Omega Point** is, of course, perhaps the most famous, but it's a fairly common point of view among nature mystics, avant-garde scientists and those with shamanic orientations.

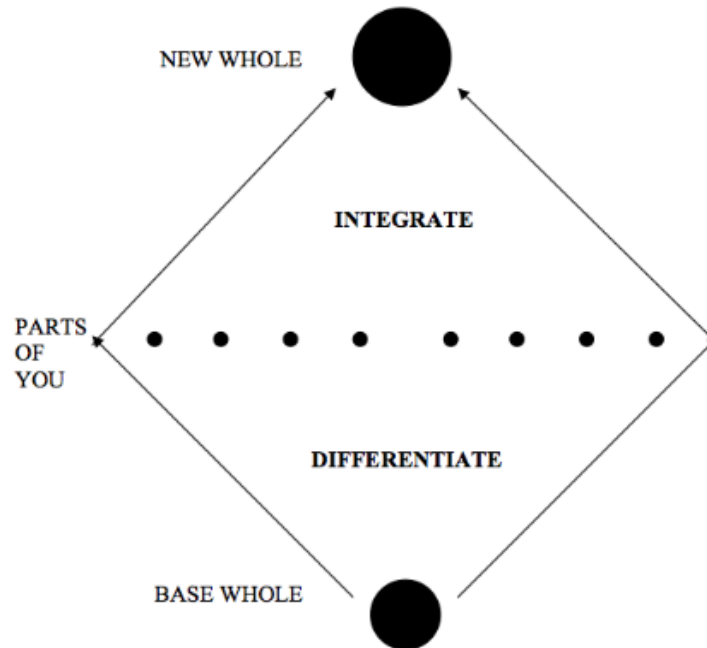
## Mission to Identity Statement

In Phase 2, we asked you to transform your Mission Statement into an Identity Statement by simply adding this phrase to your Mission Statement:

I AM THE ONE WHO CO-CREATES ....

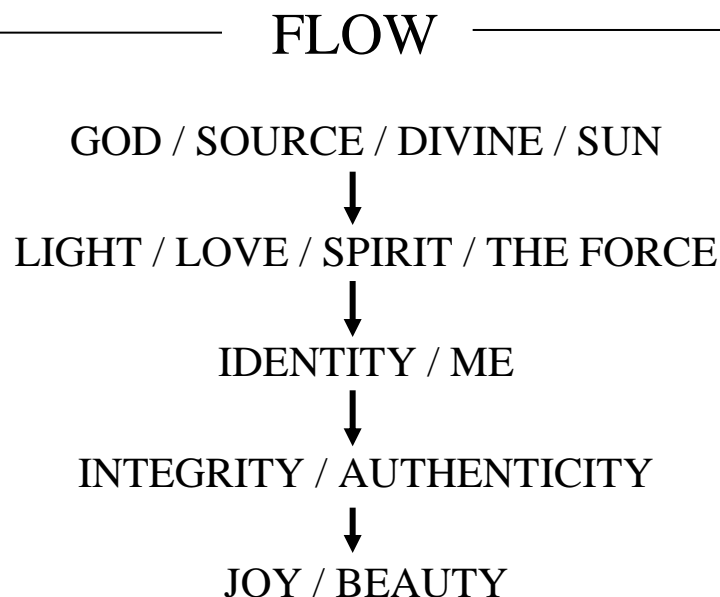
We now want to tie this Identity Statement in with this creation story as follows:

## MISSION STATEMENT TO IDENTITY STATEMENT



As shown in the above graphic, you started out this program as a **BASE WHOLE** - A **WHOLE PERSON**, who may be new to much of what we did in. During Phases 1 & 2, we separated out many of your parts and then brought them all together again in your Sacred Space and Inner Circle. Now we would like to help you anchor where you are now as a **New Whole**, who hopefully may Transcend and Include your previous Base Whole self.

We'd like to have you revisit your Identity Statement and carry it into Phase 3 of this Program. One context for this Identity Statement can be found in the following chart and poem:





Whatever you may call the ultimate field of potential,  
be it Source, God, the Sun, or Wonka Tonka - The Great Mystery;  
Some force or energy flows from this field and moves through Me.

When I am in Integrity with my True Identity,  
When I am authentically living my mission of service,  
When I am dancing and singing with the music of the Universe.

This flow, this force, this energy moving through me, creates beauty and joy and  
miracles beyond imagination.

When I finally wake up, I will find that my true identity is to be one with this force.

When I finally surrender to all that is, I will find that my true purpose is to be one with this  
force.

When I finally allow the truth in, I will find my truth, my thoughts, my ways and my  
ambitions to be one with this force.

Until then, I choose to live in Integrity with the Identity I know.

I know clearly what I want and I choose courageous action to get it.

I'm clear on my Intentions and I pay Attention when Spirit opens a door for me.

I know who I am.

Please spend some time contemplating this reading and then  
update your Identity statement with whatever comes up for you:

MY GIVEN NAME IS: \_\_\_\_\_

and

I AM THE ONE WHO CO-CREATES

\_\_\_\_\_  
THROUGH \_\_\_\_\_

# MENTORS SESSION GUIDE

## DAY 12

### INTENTION

- To Discuss Identity Statement and Universal Flow
- To visit Archetype Circle.

### CHECK-IN

Please check-in using PEMS and state your current Identity Statement.

*[mentee and mentor check in]*

### IDENTITY STATEMENT

Before we move on from the Archetypes, we'd like to offer you an opportunity to capture who you are in this moment. With the help of your Archetype Circle, we want to revisit your Identity Statement as mentioned in today's reading.

### ARCHETYPE CIRCLE

We will now do a short induction and take you to your Archetype Space.

We will do a brief check-in and then ask your Archetypes for their comments on your Identity Statement.

I will be taking notes for you so you can relax and be fully with your archetypes.

Any questions? 

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.


As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice if the Archetypes that you invited in previously are there. If not, invite them to come in now.


## **ARCHETYPE INPUT ON IDENTITY STATEMENT**

Ask your King/Queen if it would be OK to invite your Higher Self to join you in your Archetype Circle. 


Ask your King/Queen if it would be OK to do a check-in round to discuss your current Identity Statement with the Archetype Circle today. 

If not OK, ask what they would like to do today?


If OK, state that you would like to do a check-in with the archetypes to get their comments and suggestions on your statement. You may want to check-in first.

Please share your new Identity Statement with your Archetypes. Share your feelings about this Identity Statement and your biggest challenges to taking on this Identity and living in integrity with it. 

*[mentee speaks]*

Now ask each of the archetypes to check-in and offer any comments or recommendations to you concerning your Identity Statement. 

*[mentee speaks]*


Finally ask if any of the Archetypes would like to speak to the Universal Flow as presented in the Daily Reading and offer their comments on this subject. 


## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Mentor will provide notes or recording to Mentee.

# MENTORS SESSION GUIDE

## DAY 13

### INTENTION

- To visit Archetype Circle.
- To revisit the Transformation Process

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### REFRAMING


Today, you will get to experience Reframing and The Transformation Process again. We'll be using this process to sort out any issues you may currently be struggling with.


We will add in Positive Intent to the process and visit with your Archetype Circle to get their input.


So, I invite you to take a deep breath and allow yourself to relax.


I will be taking notes for you so you can simply relax and allow your answers to come easily from a deeper source.


### MENTORING PROCESS

So, is there a specific issue concerning a situation that you may be currently struggling with i.e. a project or relationship that want to address a today? 

Please describe this situation or issue. 


What is the data or what are the facts concerning this issue? 

How does it show up in your life? 

Relative to this issue, what do you want? 

What does [answer] mean to you? 

What would that look like? 

How will you know when you have it? 

## POSITIVE INTENT PROCESS

So once again now, in a few words, what do you want? 

*[mentee answers]*

**I hear you say *[answer]*.**


**Imagine having *[answer]* fully and completely. Breathe it in. Be with it.**

**(pause)... Allow yourself to feel this *[answer]* in every part of your body...**

**Now, having *[answer]* fully and completely, what do you get from that?**

*[mentee answers]*

(Mentor slowly repeats the above boxed words in bold using Mentee's latest answer. Keep repeating until the voice gets to a Core State, usually: Peace, Love, Being, Oneness or OK-ness and then slowly continue below.)

Imagine having *[core state, i.e. peace]* fully and completely. Breathe it in. Be with it. (pause)... Now from this place of *[core state]*, I invite you to go Beyond Imagination and spend some time wherever that takes you. Take all the time you need and let me know when you feel complete. 

(Allow Mentee some time to enjoy this Core State and then continue.)


## REFRAMING

What are you doing to get this *[core state]* ? 

What does that current behavior look like? Please be as specific as you can. 

How is that working?  Are you getting the *[core state]* you want? 

How do you know that? 

What lessons are you learning from this? 

Are you open to taking on a new behavior to get what you want? 

What other behavior choices are you aware of right now? 

## ARCHETYPE CIRCLE CHECK-IN

Are you willing to go to your Archetypes now to get their input? 

Close your eyes, take a few deep breaths and exhale slowly.


Allow yourself to become one with your body as you allow yourself to move into a deeper and deeper state of relaxation.


As you begin to breathe normally now, allow yourself to move into your Archetype Circle.


Take one more deep breath and as you exhale slowly, find yourself fully aware and present with your Archetypes.

Do a check-in now with your Archetypes.

Ask if they have some suggestions on a new behavior you could adopt to get what you want concerning your project.


Please share what each part says after they are complete. 

What alternatives do you resonate with? 


Which alternative do you choose? 


What's at risk for you to take action on this choice? 

(i.e. What might you have to change or give up to do this?)

What will you gain by taking action on this choice? 

What actions will you take? 

What will you do this week to act on your choice? 


Is there someone or a part of you, you can ask for support? 


Is there something else you need to feel complete with this for today? 

## **CLOSURE & RETURN**

When complete, say goodbye for now and know that you'll remember everything you need to remember about today's experience here.

Allow yourself to slowly come back to this time and place. Start moving your fingers, your arms and slowly open your eyes and be fully back in your room.

How was that for you? 

Is there anything else you need to feel complete for today? 

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## DAILY READING

### DAY 14

#### Question and Answer Process

One of the most powerful tools for healing, personal growth and spiritual growth is a simple process of asking questions of your Inner World and receiving a response and then asking a follow-up question, getting a response and continuing with this Q & A until it feels complete for you.

This Q & A process can be used for personal issues, for healing or for seeking answers to the mysteries of the universe. This process relies on you learning to ask specific questions that will lead you to the answers that deeply resonate with you and are most helpful for whatever issue or project you are working on.

This is similar to using AI (Artificial Intelligence) where the expertise involved is in using clear and specific prompts. You'll hopefully find that your Inner World allies are more than capable of providing Real World Intelligence that can lead you to and through whatever magical rabbit hole you choose to enter.



# MENTORS SESSION GUIDE

## DAY 14

### INTENTION

- To visit Archetype Circle
- To do a Question and Answer Session (Q&A)


### CHECK-IN

Please check-in using PEMS and use Parts Language, if that fits. Be sure to include any changes you want to make or have made to your Identity Statement.

*[mentee and mentor check in]*

### INTRODUCTION

Today we want to do a Question and Answer (Q & A) session with your archetypes. I will record the session or take notes for you.

Do you have anything you'd like to share first or are you ready to go? 

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up. As you focus on this image you may find it expanding and you may find yourself with your Archetypes.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice which Archetypes are currently present.

## **ARCHETYPE CIRCLE Q & A**


Now, I'd like you to ask your King/Queen if it would be OK to conduct a Q & A session with the Archetypes today. 

If OK, ask which archetypes it would like to be present for this Q & A session, the 4 major archetypes or all 12.


Invite archetypes to come in or to leave based on your Ruler's answer.


Now, ask your Ruler is it would be OK for your Higher Self and your Mystic Warrior to join with the Archetype Circle for this Q & A session today. 

If OK, notice how your Higher Self and Mystic Warrior come in and where they sit.

Now, in your own words, ask the circle if they would be willing to share their wisdom and expertise with you in the form of a Q & A process. Let them know that you may also need their help in formulating better questions so that they can be most clear and helpful with their answers. 


If all agree, start out by describing an issue that you would like to address today, it could be a project your working on or a struggle your having in your life or simply an area of interest which you are curious about.

Ask your Ruler if it would be better to do a check-in round with each question or would it be more effective to open the floor for anyone to jump in with an answer (a "Popcorn" approach). 


So your first question is : Does anyone need more clarity on the issue you just described? 

After you answer their questions, then its time for you to ask your questions related to this issue. Start with one question and ask it as clearly and concisely as you can.

Once you receive all the answers provided, share to the group what you heard and how the answers are helpful to you. Then ask a follow-up question.

Keep doing this until you feel complete or until time is up for this session. Share out loud what you're hearing as best you can. Please continue ..... 


When complete, share what you got from this session and then give a thank you to all involved.


Now please take some time here to allow for whatever wants to come up for you and let me know when you feel complete. 

## **CLOSURE & RETURN**


Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How do you feel? 

How was that for you? 

Anything that stood out for you? 

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Mentor will provide notes or recording to Mentee.

# MENTORS SESSION GUIDE

## DAY 15

### INTENTION

- To visit joint Archetype & Parts Circle
- To do a full check-in

### CHECK-IN

Please check-in using PEMS and also include your Identity Statement and use Parts Language, if that fits.

Be sure to include any changes you want to make or have made to your Identity Statement.

*[mentee and mentor check in]*

### INTRODUCTION

Today we want to do a Check-in with all your archetypes and your Inner Circle of parts.

Do you have anything you'd like to share first or are you ready to go? 

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally. As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.


Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space. Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.


Notice any changes to the circle or your parts at the circle. Is there any change to the symbol for your mission that you had placed in the center of the circle.


## **INNER CIRCLE CHECK-IN**

Now ask your Higher Self if it would be OK to invite in all the archetypes and the Mystic Warrior. 

If OK, notice how they come in and where they sit. Now, I'd like you to facilitate a check-in with everyone at your circle. Let whomever wants to go first to start.




For today, ask them to give their name, how they're feeling and anything they'd like to share about being all together and what that means to them and how you could best draw from their collective wisdom and talents. 


When all the parts are complete, ask your Higher Self if it would be OK for you to check in and share anything you want about having them all together now in your Inner World. 

Now please take some time here to allow for whatever wants to come up for you and let me know when you feel complete. 

## **CLOSURE & RETURN**

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously. Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How do you feel?  How was that for you?  Anything that stood out for you? 

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **CHECK OUT / SCHEDULE THE NEXT SESSION**



## DAILY READING

### DAY 16

#### Totem Pole

With your personal wisdom school faculty expanded to include the archetypes, we can grow your faculty from a different realm.

We will now work to introduce you to your personal totem pole animals which will provide another invaluable resource for exploring your Inner worlds of wisdom and assistance very different from your Higher Self, your parts and your Archetypes. and gaining a source



## Preparation for Totem Pole

Invite Mentee to record this session if possible (simply record session if on Zoom).

If not able to, Mentor can take notes on a printed (or digital) version of the protocol to send to the Mentee afterwards.

Use either of the following tables for recording your notes from this visualization.

You may want to Print this or the following page and keep it separate for note taking and for tracking which chakra you are on.

	CHAKRA	ANIMAL DESCRIPTION	GIFT	ROLE	OTHER
1	ROOT				
2	SEXUAL				
3	POWER				
4	HEART				
5	NECK				
6	3RD EYE				
7	CROWN				

CHAKRA	ANIMAL DESCRIPTION	GIFT	ROLE	OTHER
1	ROOT			
2	SEXUAL			
3	POWER			
4	HEART			
5	NECK			
6	3RD EYE			
7	CROWN			



## MENTORS SESSION GUIDE

# DAY 16

### INTENTION

- To evoke Mentee's Totem Pole animals.

### CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you? 

Please include your Identity Statement in your Check-in.


*[mentee and mentor check in]*

### INTRODUCTION

Today we are going to do a visualization to discover additional resources for you to more safely navigate your Inner World and especially the Underworld.

We have found that everyone has their own Totem Pole of animals which seem to have powerful and unique abilities to be with you and protect you in many of the Inner World Realms.

Specifically, Your Totem Animals seem to be able to travel with you to Past Lives and other Under World Realms where most of your current helpers may not be able to go.

I will be taking through another visualization today and help you discover your very own totem pole animals. I'll be taking notes for you (or recording the session). So please find a comfortable place to be and I'll start an induction when you are ready. 

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now. Now, tell your parts that you'll be going outside to a meadow area to meet your Totem Animals.

See the front entrance to your Sacred Space and walk outside. You may notice a charming walkway leading away from the entrance. Walk along this path and soon you may see a beautiful garden area. As lush and colorful as you have ever seen. As you follow the walkway into the garden and you may notice that just beyond the garden is a beautiful meadow of grass and wild flowers and next to it is a fairly large body of water. It could be large pond, a small lake or a wide slow moving river flowing through the grounds.

You walk through the garden and for a few moments, you simply breathe in the beauty all around you and you also notice the incredibly rich and diverse fragrances coming from the flowers near your feet. You take another moment to stop and smell the roses that are just to your right side and seem to be reaching out to you in all your favorite colors. The breeze flowing past you and the sight and sounds of birds flying overhead add to what is becoming the most sensual and peaceful experience you've had in years.

You now continue on to the meadow just beyond the garden and notice the change in smells from cultured almost sophisticated fragrances of tended flowers to the wild and open smell of wild grasses and intermittent flowers and shrubs. You can also feel the cooler breeze sweeping off the water near you.

You find a small area of shorter grass that looks a little like a thick green mattress spread over the ground in front of you. You follow your impulses and lay down on this thick soft blanket of fresh green grass and find yourself immediately feeling more and more relaxed, going deeper and deeper down into the most peaceful sleep like state that you have ever experienced.

In this relaxed state, you tune into your resting body and find that there is an underlying subtle sense of energy flowing in and around your body. You feel the motion and intensity of this energy flow starting to build and now it seems to be gathering steam and accelerating in speed as it swirls just over your prone body.

You now feel this vortex of energy gathering steam just above your:

### **ROOT CHAKRA AT THE BASE OF YOUR SPINE**

You notice more energy flowing from the top of your head down through your torso and joining this vortex, you also notice the energy flowing up from your feet doing the same as it merges with this rapidly spinning vortex of energy at your


### **BOTTOM AND FIRST CHAKRA,**


and now as you see the power of this tornado or hurricane like vortex you start to see it transforming and an image of some sort of animal starts to emerge from its center as if this energy is feeding and growing this animal right before your eyes. The image of this animal starts to become clearer now and you see before you your totem animal for your


### **ROOT CHAKRA.**


What do you see?  (Record the answers in the table from today's Reading)

How big is it?  What color?  How old, an adult or younger? 


How is its physical condition? Does it look healthy? 


You may want to stand now and spend some time with it. Maybe ask a few questions. 

Ask it if there is anything it wants to share with you right now? 

Ask if it has a gift for you? 

Ask what role it plays or would like to play in your life? 

Ask if it would be OK to merge with it for a few moments.  If OK, go ahead and become this animal fully. Experience the energy and abilities of this animal.

Step back out when complete and share what you'd like about the experience. 

Thank it for being here today and ask it if it would like to roam this area while you continue to find your other totem animals.

You now walk back to your mattress of grass and relax once again. You find yourself sinking sweetly into the thick grass and feel every bone, muscle and nerve in your body let go and take you even deeper into a quiet sense of relaxation and peace. You even notice the pungent smell of wild grass seems to be lulling you into a deeper and deeper sense of peace and relaxation.

And just as you settle into this tranquil feeling, you begin to sense that same subtle feeling of energy flowing in your body.

You feel the motion and intensity of this energy flow starting to build and now it seems to be gathering steam and accelerating in speed as it swirls just over your prone body. You feel this vortex of energy now gathering steam just above your:

### **YOUR GENITALS and YOUR SECOND CHAKRA**


You notice more energy flowing from the top of your head down through your body and joining this vortex, you also notice the energy flowing up from your feet doing the same as it merges with this rapidly spinning vortex of energy at your:


### **SEXUAL CHAKRA**

and now as you see the power of this tornado or hurricane like vortex you start to see it changing and an image of some sort of animal starts to emerge from its center as if this energy is feeding and growing this animal right before your eyes, the image of an animal starts to become clearer now and you see before you your totem animal for your:

### **SEXUAL CHAKRA.**

(Record the answers to the following questions in the table below.)


What do you see? 


How big is it? 



What color? 


How old, an adult or younger? 

How is its health? 

You may want to stand now and spend some time with it. Maybe ask a few questions. 

Ask it if there is anything it wants to share with you right now? 

Ask if it has a gift for you?  Ask what role it plays or would like to play in your life? 

Ask if it would be OK to merge with it for a few moments.  If OK, go ahead and become this animal fully. Experience the energy and abilities of this animal.

Step back out when complete and share what you'd like about the experience. 

Thank it for being here today and ask it if it would like to roam this area while you continue to find your other totem animals.


You may spend a moment to watch it join your other totem animals and notice how they interact and seem to feel about each other.

(Repeat the above script for each remaining chakra – see next page)

( Repeat the above script for each remaining chakra – replace the **CHAKRA NAMES SHOWN IN BOLD**, with the current Chakra name. Fill in the table from Today’s Reading and then continue with the visualization.)

3. Third Chakra, your Power Chakra above your Solar Plexus.
4. Fourth Chakra, your Heart Chakra.
5. Fifth Chakra, your Neck Chakra.
6. Sixth Chakra, your Third Eye Chakra in your Forehead.
7. Seventh Chakra, your Crown Chakra at the Top of your Head.

(After completing the 7th Chakra, continue visualization here.)

So, it is now time to join with your Totem Animals and spend some time with them. Feel their energy towards you and allow them to simply be with you in their own way for a few minutes. 

When you feel complete with them, know that you can come to this place, this open meadow, to meet with your Totem Animals anytime you wish.

Now see yourself returning to your Sacred Space, share what you'd like with your parts. 


## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How was that for you? 

How do you feel? 

Is there something else you need to feel complete with this right now? 

Be sure to spend time with your totem animals frequently, they are more powerful than you may imagine.

If ever in any tough situation in your inner world and wish you had some help, do not hesitate to call them in.

Also, share this visualization with children and teenagers - It is great way to have kids experience their inner worlds in a way that is easy for them to relate to.

Thank you.

Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

# MENTORS SESSION GUIDE

## DAY 17

### INTENTION

- To evoke the embodiment of all the Totem Pole animals.

### CHECK-IN

We may want to keep our Check-ins brief today if that is OK with you.

Please include your Identity Statement in your Check-in.

*[mentee and mentor check in]*

### INTRODUCTION

Today we will be going to visit with your Totem Animals and discover if there is another part or ally of yours that emerges from all of your Totem Animals joining together in a coherent and loving way.

We will see whatever or whomever steps forward as the Embodiment of all your Totem animals combined.

Any questions?

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further.

Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up.

As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here.

Simply take note of them for now.


Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

## **INNER CIRCLE CHECK-IN**

Do a brief check-in now with these current parts. You may want to check-in first.

Please share your intention to meet with your Totem Animals and possibly a new energy that is the embodiment of their combined energies and power.

Ask your parts to share any comments or suggestions on this intention and/or anything else they'd like to share with you today.

Please share what you are hearing from each part. 

## **TOTEM ANIMALS**

Ask your Higher Self if it is OK for you to go to the meadow and meet with your Totem Animals now.


Follow any suggestions or directions from your Higher Self. 

When you are ready, you may ask one or two of your parts to go with you. 

Now, take a deep breath and let it out slowly and go to the meadow outside your Sacred Space and be with your Totem Animals.


Take a few moments to look around and simply be with your animals.




You may want to observe what they are doing, how they are relating to each other and please share whatever comes up for you as you spend some time with them. 

If any are missing, please invite them to come in now.


When you are ready, ask them if they have anything they want to share with you today.

Take as much time as you need to hear what they have to say or whatever they want to show you. 


When complete, ask them to come together in whatever way that works for them to allow an energy to emerge that is the embodiment of all of them.


Simply observe what they do and share what you see happening. 

(If a new energy does not emerge, ask if you can stand in the center of them and feel and be one with their combined energies.)

If a new energy does emerge, ask them if they are the embodiment of the totality of the Totem Animals or does it prefer another description. 

Ask them what role they play in your life. 

Ask if they have anything to share with you today. 


Please ask what role in your life it could play if you could open up to embodying their full potential. 


Ask if you can merge with them and fully feel and embody their energy.

If OK, step into their energy and spend some time in this presence.


Take in this energy and any images or messages that may come up.


Ask if there is something they would like to show or share with you while you are in their energy.

Step out when complete and share about the experience if you like. 

Ask what they would like to be called by you. 

Ask if they have a gift for you today. 

Ask them if there is another question they would like you to ask them and what that question might be. 

Ask them if there is anything else that they or the Totem Animals need or want to feel complete for today. 


When complete, thank them for coming forward and being with you today.


## **CLOSURE & RETURN**


When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you? 

What worked for you, and what did you find challenging? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

## MENTORS SESSION GUIDE

# DAY 18

### INTENTION

- To Journey with Totem Animals.

### CHECK-IN


We may want to keep our Check-ins brief today if that is OK with you?

Please include your Mission Statement in your Check-in.

*[mentee and mentor check in]*

### INTRODUCTION

Today we will be going to visit with your Totem Animals and their Wholeness and ask them to take you on a journey.

Any questions? 

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now.

You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.

Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.


Notice if the parts of you that you invited in previously are there. If not, invite them to come in now.

## **INNER CIRCLE CHECK-IN**

Do a brief check-in now with these current parts. You may want to check-in first.

Please share your intention to meet with your Totem Animals and their Wholeness and ask them to take you on an adventure.


Ask your parts to share any comments or suggestions on this intention and/or anything else they'd like to share with you today.

Please share what you are hearing from each part. 

## **TOTEM ANIMALS**


Ask your Higher Self if it is OK for you to go to the meadow and meet with your Totem Animals now.

Follow any suggestions or directions from your Higher Self. 

When you are ready, you may want to ask one or two of your parts to go with you. 


Now, take a deep breath and let it out slowly and go to the meadow outside your Sacred Space and be with your Totem Animals and the Being that embodies their wholeness.

Take a few moments to look around and simply be with your animals.

You may want to observe what they are doing, how they are relating to each other and please share whatever comes up for you as you spend some time with them. 


If any are missing, please invite them to come in now. 

When you are ready, ask them if they have anything they want to share with you today.

Take as much time as you need to hear what they have to say or whatever they want to show you. 

When complete, ask if they would be willing to take you on a journey today, maybe an adventure or learning experience they want to share with you.

Simply follow their lead and share what comes up for you as you wish.


Let me know if you need anything further from me, otherwise, enjoy the journey and let me know when you feel complete. 

## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

# MENTORS SESSION GUIDE

## DAY 19

### INTENTION

- Joint Archetype, Totem & Parts Circle
- Family Picnic in Meadow

### CHECK-IN

Please check-in using PEMS and also include your Identity Statement and use Parts Language, if that fits.

*[mentee and mentor check in]*

### INTRODUCTION

Today we want to have some fun with all your Inner world Family members. We are going to have a Family picnic in the meadow

Do you have anything you'd like to share first or are you ready to go?

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.


Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice any changes to the table / circle or your parts at the circle.

Is there any change to the symbol for your mission that you had placed in the center of the circle.

## **INNER CIRCLE CHECK-IN**

Now ask your Higher Self if it would be OK to go to the meadow with all your parts and invite in all the archetypes, totem animals and the Mystic Warrior. 

If OK, see yourself and all your parts now entering the meadow and see your archetypes, totem animals and Mystic Warrior all coming in as well.


Call them all together and announce that today you are offering them to have a family picnic and inviting them to have fun and play with each other in any way they wish.

Offer that they may request anything they want from you in the form of creating a pool, a fieldhouse, a gold course, etc. Tell them that you already ordered perfect weather and all the food they could possibly want.

Ask if your Higher Self, King/queen or Mystic Warrior would like to address the family first. 

When they are complete, let everyone know that tomorrow they will be given an opportunity to put on a Talent Show. Ask them to prepare for the show in anyway they want after they are complete with today's picnic.

Now, I invite you to follow your impulses and enjoy this Family Picnic today.


Let me know when you are complete or I can simply sign off and let you stay as long as you wish. 


## **CLOSURE & RETURN**


When complete, say goodbye for now and allow yourself to slowly come back to this time and place.


Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How do you feel? 

How was that for you? 

Anything that stood out for you? 

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**



# MENTORS SESSION GUIDE

## DAY 20

### INTENTION

- Joint Archetype, Totem & Parts Circle
- Talent Show

### CHECK-IN

Please check-in using PEMS and also include your Identity Statement and use Parts Language, if that fits.

*[mentee and mentor check in]*

### INTRODUCTION

Today we want to have some more fun with all your Inner world Family members. We are going to have a Talen Show in the meadow

Do you have anything you'd like to share first or are you ready to go?

### INDUCTION

Find a comfortable position. Close your eyes. Take a few deep breaths, exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

As you embrace this feeling of relaxation, allow some image from your Sacred Space to come up. As you focus on this image you may find it expanding and you may find yourself in your Sacred Space.


Now take one more deep breath and as you release this breath, become completely aware and present in your Sacred Space.

Take a look around and be aware of any changes that may have occurred since the last time you were here. Simply take note of them for now.

Notice any changes to the table / circle or your parts at the circle.

Notice any change to the symbol for your mission that you had placed in the center of the circle.

## **INNER WORLD TALENT SHOW**

Now ask your Higher Self if it would be OK to go to the meadow with all your parts and invite in all the archetypes, totem animals and the Mystic Warrior. 

If OK, see yourself and all your parts now entering the meadow and see your archetypes, totem animals and Mystic Warrior all coming in as well.


Call them all together and announce that today you are offering them to have a Talent Show. This will be an outdoor extravaganza with a huge stage and first class seating for the audience.

Share that anyone may participate and ask which of your Inner World allies would like to display their talent as the MC for this show.

Invite the MC to take center stage and invite everyone else to take a seat or stand in front of the stage.

Invite the MC to describe how they want to order the performances and any other logistics they want to share.

Ask the MC to start the show when ready and then take your own seat in the front row and enjoy! Share what you can and I'll let you know when time is up.


Let me know when you are complete or I can simply sign off and let you stay as long as you wish. 


## **CLOSURE & RETURN**


When complete, say goodbye for now and allow yourself to slowly come back to this time and place.


Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

How do you feel? 

How was that for you? 

Anything that stood out for you? 

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

## MENTORS SESSION GUIDE

# DAY 21

### INTENTION


- To do the Ideal Day Visualization.

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### INTRODUCTION


Today, we will be doing an extended visualization. Do you have any time limits today? 


So please get comfortable and begin to relax.

We will be doing a visualization of your Ideal Day in your Ideal Next Life. This next life will start with a clean sheet of paper where there are no preconceived limits or conditions dictated by your current life. You will have free reign to allow your perfect next life to emerge through this visualization.

As we go through this visualization, please say “Pause” to me when you want more time to experience what is coming up for you. Simply say “OK” when you want me to start talking again.

You may share with me what is coming up for you at any time or you may simply be silent as you take in this experience.

At the end of the visualization, I will offer to leave you with your reflections on the experience. Simply say “OK” and I will hang up. Say “Stay” if you want to continue as usual. Any Questions? 

So please let me know when you are ready for me to begin. 

### INDUCTION

Close your eyes. Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly. Relaxing even further. Fully moving your consciousness into your body. Becoming one with your body.

Notice how your body feels against the chair or bed or your feet on the floor. Feel yourself totally supported as you allow your leg muscles to fully relax. Breathe into your chest and torso and feel all those muscles letting go and relaxing even further. Feel any tension in your arms releasing as you take one more deep breath into a deeper and deeper state of relaxing and letting go.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state. Note any sensations in your body, any images, messages or insights that may come up.

Once noted, let all that go for now, as you continue to breathe normally.

As you go deeper and deeper into a state of total relaxation; Know there is nothing you need to do right now. You can simply allow yourself to listen to my voice and go deeper down, down and down into the most relaxed feeling you've had in a long time.

## **INTER-LIFE**

Now as you go deeper and deeper into relaxation, you may notice that it seems like you are starting to float upward from your body, slowly moving upward, feeling lighter and lighter as you go.

As you slowly move upward away from the earth, you may notice a spark of light in the distance, you hear an inner voice saying: Go through the darkness to the light. As you find yourself moving more quickly now, you see the spark of light growing larger and larger until you find yourself inside it, inside a tunnel of light.

You now start to see faces you recognize, ancestors, friends that have passed on before you, family you have known who have passed before you... and now there is now one face that stands out to you, the one person you'd hoped to be with in the afterlife and they greet you lovingly and tenderly.

They take your hand and you feel a comforting squeeze of your hand and take a moment to be with this special person.

As you gratefully feel this familiar presence you also feel another gentle squeeze of your hand and almost instantly you find yourself with a group of people that feel like you've known them for ages, some you may even recognize from the life you just left.

You hear one of them describe a plan for your next life and this time it doesn't seem to be about lessons or missions or even about being of service as part of some grand plan.

They say that **this** next life is about you experiencing who you truly are. It's about living a life that is the perfect expression of your true self; Your authentic, true and full potential self.

They say there is nothing to plan, and that in a moment, you can see that life before you as if it had already unfolded and manifested itself fully in the physical universe. They motion for you to relax and gesture towards a seating area.

As you take a seat, you notice that you are now in an ancient looking theater made of marble and stone and woodwork that takes your breath away.

As you look around, to your delight and surprise, you see the seats around and behind you are filled with your parts from your Sacred Space and some parts that you have never seen before.

You see your Higher Self and your Ruler eating their popcorn and waiting for the movie to start.

You even see your power animal off to the back of the theater. It is as if they all wanted to be here for the great unveiling of the future you.

## **IDEAL DAY**

You are surprised to notice that instead of feeling trepidation about what's coming up, you feel yourself relaxing even deeper and deeper, now at a deeper level than you can ever remember.

A deep peace comes over you and very slowly, almost imperceptible at first, you see images of this ideal life start to flow before you.

As the image of a bedroom scene comes on the screen, you feel yourself being pulled into the future as you become a part of this movie.

You realize you are now going to be able to fully experience and actually get to live through your ideal day, in your ideal home, in your ideal next life and all you need to do is to be fully present in this new life as it unfolds today.

You feel yourself in bed now - slowly waking up.

You notice who you're with and feel delighted with your choice of a bed mate in this ideal day.

You look around and see the beautiful way you've created this perfect home for yourself.

As you glance out the window you are again amazed at the ideal setting in which this ideal life is taking place.

You wonder if you could have even imagined such a beautiful view and this feeling of warmth that flows through you as you begin to take this perfect life experience in.

You start to realize that you may have now gone Beyond Imagination and begin to delight in everything that is unfolding before you.

You slowly walk through your home taking in all the surprises and unimaginable ways this future home has been created just for you.

The design and decoration and furniture feels like someone read your deepest thoughts and created the perfect environment for you to relax into who you truly are and you begin to celebrate the uniqueness that is you.

You seem to be moving outside now, traveling along in a way that makes you feel like you are on some new adventure, being taken somewhere where time seems to be irrelevant and simply the experience of being alive in this moment, in this place, is all you care about right now.

Up ahead new surprises and delights start to come into focus.

You realize that this must be where you spend your days and as you gaze at the buildings and the incredibly beautiful surroundings.

You seem to be moving towards a specific area now. As you approach, you take in the beauty and power of this approaching scene.

You arrive at what was the one building that most caught your attention. You move towards and now into the most charming work place, studio, home away from home that you could have dared to imagine.

You take a few moments to take it all in and notice the specific details that could only have been meant for you.

People start coming in to talk with you about all the things you love to talk about. You can't remember being around people like this.

No one has ever been able to share these ideas and concepts with you like these magnificent people who are now with you.

Some of them even feel familiar as if the favorite people in your current life got upgraded along with you to this ideal life 2.0, or more likely 12.0 the way it feels to you right now.

After some time has passed, you may find yourself spending some time alone now doing what you couldn't dare imagine before.

You are taking your time and creating your masterpiece for this lifetime.

Somehow you know the world will not only accept it, they are waiting anxiously for you to finish it and share it with them.

You revel in being able to create something that only you could ever bring into this world. You sit in wonderment that this is the something so special that you never even dared dream about it and how much it means to you.

You go outside now and it seems like a campus has been built just to suit every passion you have ever had.

New companions arrive to share your favorite activities and games with you.

Somehow the freedom and joy you feel in this place seems to be healing and transforming you.

Your body seems to be able to do whatever your mind can imagine as you seem to become one with the activities you are immersed in. You become aware of sensations and movements that you never knew existed.

Your body seems to know how to do things that your mind cannot keep up with. After a few hours that feel like minutes, you realize it is time to move on from this special place.

You slowly transition from this place and now start to arrive at a scene that takes your breath away. How did they know?

How could this have been created to fulfill your every dream and then some.

You take in the people, the activities and the feeling in your body as you finally get to be the person you had only glimpses of in your most far out dreams.

Hours go by in what seems like minutes, as you find yourself expressing yourself, enjoying yourself and simply just being yourself in this ultimate fantasy of living, being and creating joy.

As you relish every second of this experience, you realize that not even your ultimate fantasies could touch what you now know as your perfect life; you living and realizing your true potential and possibly the potential that is meant for all of humanity.

You treasure these next few hours as if they were pumping joy and love directly into your soul.

As you realize you might never get enough of this ecstatic experience, you also realize it is time to move on.

With that thought, you now find yourself back in your home with the most special people in your life.



As the evening slowly unfolds, you find yourself being treated with special care and warmth and even respect for who you are. You then realize that you are doing the same for these special people.

You truly feel at home with them. It's as if this family of people have been together forever as fellow travelers and adventurers, facing more challenges and celebrations than you can take in right now.

As you enjoy some food and drinks with them, you also realize that this ideal day is slowly coming to an end.

You close the day in the most peaceful and fulfilling way that you could have ever hoped for.

This turns out to be an unexpected highlight for the whole day as this precious time before this day ends brings gifts of connection and heartfelt rewards beyond anything you could have hoped for.

These last few moments before bedtime become a surprise and a delight. Your heart takes in these moments as the nourishment it's yearned for as long as you can remember.

As you fully relax now and take a moment to reflect on this glorious day, you quickly fall asleep in your sumptuous bed and find yourself waking up before you know it.

As you walk to your breakfast table you are surprised to see your past self, your current self, sitting there waiting to be with you.


You hear their questions to you even before they are spoken.

What's it like to live like this?                      What did you do to get here?

Do you have any advice for me?                      What's your Mission?

You take a deep breath and look into their eyes and somehow you now find yourself in their position, you become this past self, in your previous body and mindset.

And in this most familiar body, you hear your answers, the answers from your now future self, as if they are coming from some deep unknown place within.

You hear your future self, answering your every thought and question. And, for now, you simply listen and take in all these answers... 

After a while you realize that they all confirm what you already know at some level and simply never articulated in this way.

The answers seem about trusting your Higher Self, letting them guide you and work through you.

The answers encourage you to care for, love and respect the people in your life as you have been learning to care for your parts.

To see others in the same light as your lost parts who just needed some compassion and understanding to help them find their way.

And above all, you hear the advice to trust yourself; that every passion, every want you ever had was a step towards finding your way to this perfect life and this culmination of you becoming who you truly were meant to be.

You realize that Beyond Imagination isn't just a simple phrase anymore, it's the vision from the other side of the mountain. The mountain you are now climbing.

And with that realization, of course, you hear your future-self saying:

You're doing good, keep going! I know you will find your way and your mountain to climb, because I'm here now and you got me here. Thank you.

And you stand up and look you're your future self in the eye and say: You're welcome.

And as the images fade away and you find yourself present again in this ancient theater, you realize you are surrounded by your parts and animals, all anxious to take you back with them to the perfect life you are leading right now.

And all you want to do is spend some time with them in your perfect Sacred Space with all the beings that love you and will do anything for you.

And you finally get it. You created this. You are a god here.

And you know it because you love like god when you are here among the different energies and entities and beings that make up who you truly are.

And the only way you seem to be able to anchor this moment is by saying out loud to all who can hear you: My given name is... and I am the one who co-creates.....

And as you say this three times and kick your heels, you find yourself back in your home, fully back in your body and you open your eyes knowing that you have been changed, that you are different now.

You are loved and you finally can say, I love myself and every one of my little selves and higher selves and future selves, and past selves... and for just a moment you dare say: I am love and love always wins, it's the way and the means and the end. All you ever needed was to learn how to love and you found a way to do that in this lifetime.


And as you sit with that and let it sink in... somehow you hear the sounds stop and you are left with the silence, your new friend, silence, and the peace beyond imagination that it now brings you...

(Pause for a few minutes or until Mentee says something.)

Is it OK with you if I end the call now and give you some time here on your own?

(If OK, quietly hang up. If not, say I'm still here, take as long as you want. When Mentee is ready, continue as usual.)


## **CLOSURE & RETURN**

Is there something else you need before we return? 

Now slowly come back into this time and this place. Know that you will remember everything that you want to remember from this experience.

Move your body, open your eyes, and come slowly back into the room feeling more refreshed and alive than you have felt in a very long time.


Please take your time and be very gentle with yourself.

Would you like to have some alone time now to journal and contemplate or would you like to talk for a few minutes? 

If Mentee wants to be alone: Mentor says goodbye, see you tomorrow.

If Mentee wants to talk, Mentor can use these questions if needed.

How was that for You?  What is coming up for you? 

Anything else you need to feel complete with today's experience? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please do the Reading for tomorrow's Wrap-Up.

Go to [OmegaPointAcademy.com](http://OmegaPointAcademy.com) and fill out the feedback form and email a copy to your Mentor.

## MENTORS SESSION GUIDE

# DAY 22

### INTENTION

- To do a Blessing Round with the Archetype Circle.

### CHECK-IN

Please check-in using PEMS.

*[mentee and mentor check in]*

### ARCHETYPE CIRCLE

Today we will do a short induction and take you to your Archetype Circle.

We will do a Blessing Round with the Archetypes and then a final check-out.

Any questions?

### INDUCTION

Find a comfortable position. Close your eyes.

Take a few deep breaths and exhale slowly, allow yourself to relax with every breath.

Take a few more deep breaths, exhaling even slower now. With every breath, allow your consciousness to move into your body.

Take another deep breath and let it out even more slowly.

Relaxing even further. Fully moving your consciousness into your body.

Becoming one with your body.

As you start to breathe normally now, find yourself relaxing more and more, going deeper and deeper down into an even more relaxed state.

As you embrace this feeling of relaxation, allow some image from your Archetype Circle to come up.

As you focus on this image you may find it expanding and you may find yourself in your Archetype Circle.

Now take one more deep breath and as you release this breath, become completely aware and present in your Archetype Circle.

Take a look around and be aware of any changes that may have occurred since the last time you were here.

Simply take note of them for now. Notice if all the Archetypes are present. If not, invite them to come in now.

## **FUTURE SELF**

Ask your Ruler if it would be OK if you invite your future self from your Ideal Day to join the Archetype Circle. If OK, have your Ruler invite your Future Self in and notice where they sit. Ask if they would like to say anything before you start with today's process.

## **ARCHETYPE CIRCLE BLESSING**

When complete, Ask your Ruler if it would be OK, if today we do a few rounds of check-ins with your Archetype Circle and then a final check-out.

Tell everyone that this is one of our final days in this program and from now on you'll be visiting them on your own.

To start off, we will do our first check-in round which will be a type of Golden Hot Seat for you (Mentee).

Each part can check-in with three things:

- What they see as your Poison, things you still need to work on.
- What they see as your Medicine, what you are especially gifted at, or what they especially like about you. And then,
- What their graduation gift to you is.

So please conduct this check-in and I'll help remind you where you're at and what to say. I'll also be taking notes for you.

## **ARCHETYPE NAME**

Our next item is for your Archetype Circle to give you (Mentee) your Archetype name.

If they like they can simply present you with a name, an image of the name, of they can invite in a part that embodies your name.

Invite them to take some time and let you know when they are ready.

If they need more time to do this, they can present it to you on another day.


## **BLESSINGS FOR MENTOR**


For the next round, each Archetype can share something directed to me, your Mentor.

This can be anything they like, a blessing, suggestion for improvement, the name you will use in the future when you might refer to me etc.

So please conduct this check-in and I'll help remind you where you're at and what to say.

## **PARTING GIFT FROM INNER CIRCLE TO MENTEE**

Now ask your Ruler if there might be a graduation Gift from all of the Archetypes for you (Mentee) and if they would like to convey that gift to you now? 


When complete, ask your Ruler to make a closing statement and convey any blessings from Spirit to you (Mentee). 


## **CLOSURE & RETURN**

When complete, say goodbye for now and allow yourself to slowly come back to this time and place.

Know that you'll remember everything you need to remember about today's experience and that you'll be feeling refreshed and having more energy than previously.

Start moving your fingers, your legs, arms and slowly open your eyes and be fully back in your room.

Is there anything else you need to feel complete for today? 

How was that for you? 

Thank you. Now, let's check out.

## **CHECK OUT**

## **SCHEDULE THE NEXT SESSION**

## **HOMEWORK**

Please do the Daily Reading for Day 23 before the next session.

## DAILY READING

### DAY 23

#### Wrap Up

#### Logistics and Future Plans

#### **WEBSITE AND EMAIL**

For more resource information and updated protocols, please visit the OPP Website: [OmegaPointAcademy.com](http://OmegaPointAcademy.com)

#### **MENTEE AND MENTOR FEEDBACK**

On the Omega Point Academy website are forms requesting feedback on Phase Three from Mentees and Mentors. Please go to [OmegaPointAcademy.com/feedback](http://OmegaPointAcademy.com/feedback)

Please visit the website and record your feedback there. This feedback will help us make improvements to this program.

We also request that you leave a “quotable quote” that we may use to encourage others to experience and mentor this Phase of the OPP.

#### **REGISTRATION**

At the end of the Mentee feedback form is a place to register that you have completed Phase Three.

This will make you eligible to access additional resources that relate to the OPP.

Follow-up to Phase Three includes Phases 4 and 5 and beyond.

OPP Phase 4 is available on the Omega Point Academy (OPA) website.

#### **PAYING IT FORRWAD: TAKING ON A MENTEE**

Once a person has completed Phases 1 & 2 of the OPP, it is highly recommended and requested that they Mentor at least one person through Phases 1 & 2 .

Many people have found this Mentoring experience to be even more rewarding than their own OPP experience as a Mentee. This act of service is not only a richly rewarding

experience, it is our way of promoting the spread of this work to a greater audience throughout the world.

Please share this gift with others and enjoy it as a unique and precious gift to yourself.

## **OPP PHASE FOUR: Mystic Warrior: Spirit Release**

Phase Four of the OPP builds on the foundation set by Phases One through Three.

Specifically, the initial phases of the OPP set up the foundation for working with Parts and setting up a base in your Inner World. Phase Three built on that Inner World base and brought in additional powerful resources, such as the 4 major Archetypes and Totem Animals, to enable greater exploration of this realm.

The initial phases also encountered energies or entities which were not a part of the Mentee. These energies were released by surrounding them in a capsule of white light and asking the light to take them away. While this one size fits all release method can be effective in many cases, it does not address the variations that these “non-part” energies may come in and in many cases may be only a partial or temporary fix.

Phase Four provides more information about these energies and covers more advanced and much more effective methods for dealing with them in a loving and respectful way.

Phase Four is an adventure unlike most of us have ever experienced. It may also provide some of the most powerful healing and transformation experiences currently available anywhere.

Phase Four may not be for everyone. For graduates of the OPP Phase Three, who are open to taking their next step on this inner journey and trust that this OPP adventure may have much more for them to explore.

There are a number of options available for the two partners to continue on to Phase 4.

Ideally, Phase 4 can be treated as a simple extension of Phases One, Two and Three and Mentor and Mentee can continue in their current roles.

If Mentor has not done Phase 4, these two people could create a reciprocal version of Phase 4. While there are no Phase Four - Reciprocal protocols, there are different ways to experience P4 (and all other phases) in a reciprocal way. These include:

One partner can be Mentor for each day and then switch roles and repeat the days.

One partner can mentor the other for a session and then switch roles and repeat the session on the same day or on the next day.

If the partners want to continue separately:

Each partner could find a qualified Mentor and be a Phase 4 Mentee for 19 days.



Because of the depth and intensity of Phase 4, it is recommended that the Mentee meet certain requirements before jumping into Phase Four.

Please review the following requirements for beginning Phase 4 of the OPP. They may be discussed at tomorrow's session.

#### MENTEE REQUIREMENTS TO START PHASE 4

At least one week of Mentoring at least one Mentee

Ability and practice of visiting Sacred Space on your own

A stabilized Inner Circle (add extra days to Phase 3 to stabilize circle)

Approval from Higher Self and King/Queen

# MENTORS SESSION GUIDE

## DAY 23

### INTENTION

- Wrap Up, Logistics and Future OPP Plans.
- To reflect on and integrate Mentee's experience of Phase Three.

### CHECK-IN

Please check-in using PEMS and remember to say your Identity Statement.


*[mentee and mentor check in]*

### INTRODUCTION

Having completed this Phase 3 program, today is about reflecting on your experience, and preparing for any follow-up that you may want to pursue.


Did you take some time to look over the Daily Reading for today? 

(If not, briefly cover the Reading.)

Do you have any questions or anything you want to discuss about this information? 

### MENTORSHIP PREPARATION

What is your current status with Passing On the OPP or Passing On Phase Three as a Mentor? 

Is there anything you'd like to discuss about your current experience of Mentoring or your plans for taking on a Mentee in the near future? 

Now, I'd like to briefly discuss your plans for passing on this program.

One of the initial agreements in doing this program is that you will pass it forward to two other Mentees.

Please note that the timing for taking on a Mentee is flexible and everyone will have their own preference on when to start.

Do what you can and know that for many, sharing this program with a Mentee is the best part of this project.

You can pass it on to two Mentee's at once or do them sequentially, one at a time.

What are your current thoughts on passing it on? *[Both share]*

What kind of support do you need to begin passing it on? *[Both share]*

Please review the Instructions on Choosing a Mentee and review the Mentor Guidelines found in Addendum A on the OPA website.

## DAILY PRACTICE

Because of the depth and intensity of Phase 4, it is recommended that the Mentee meet certain requirements before jumping into Phase Four.

Please review the following requirements for beginning Phase 4 of the OPP. They may be discussed at tomorrow's session.

### MENTEE REQUIREMENTS TO START PHASE 4


At least one week of Mentoring at least one Mentee


Ability and practice of visiting Sacred Space on your own

A stabilized Inner Circle (add extra days to Phase 2 to stabilize circle)

Approval from Higher Self and King/Queen

Have you been able to visit your Sacred Space on your own, possibly as a Daily or Occasional Practice? 

Are you interested in continuing with this approach of working with your Inner World? 

Is there anything I can help you with so you can continue to develop your relationship with your Parts, your Archetypes and your Higher Self on your own? 

## REFLECTING ON PHASE THREE


To help you integrate what you've experienced so far, I'd like to ask you a few questions.


As I ask these questions, feel free to share whatever comes up for you.


Please describe your experience of the Phase Three in your own words. 

How much of this experience was new to you? 


What did you learn about yourself? 

What did you learn about your parts and archetypes? 


How are you different now from when you started Phase Three? 

How is your life different? 


Did you encounter any conflicts with your current belief system? 

Have you made any changes to your worldview or paradigm? 

Please share any additional comments you have about this phase. 


What kind of follow-up to this phase would you be interested in? 

On a scale of 1 to 10 (outstanding), how would you rate Phase 3 of the OPP? 

Please share any feedback you have for me as your Mentor. 

Would you like my feedback on having you as my Mentee? 

## **CLOSURE**

Is there anything else you need to feel complete for today? 

Thank you. Now, let's check out.

## **FINAL CHECK OUT**